Earn FidoDollars™ to change your phone for less

fido

LIVE YOUR DREAMS TO THE MAX
Lotto MAX

The world's largest global newspaper
metro
TORONTO • MONDAY, OCTOBER 26, 2009 metronews.ca

sport & design it
October 22-31
Yonge-Dundas Square
Come and visit Italian sports heritage:
FREE admission
www.italy4sportdesign.ca

Hands off cellphones while driving

LAW Starting today, Ontario drivers will be the latest Canadians prohibited from using cellphones or BlackBerrys while behind the wheel.

Millions of motorists are banned from using any hand-held electronic devices to text, email or talk while driving, except for 911 calls.

They're also forbidden from using portable video games or DVD players while chugging along. Global positioning systems are allowed as long as they're properly secured to the dashboard.

Ontario is the fourth province to enact such a ban, following Newfoundland and Labrador, Quebec and Nova Scotia.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 4

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Going Green pg 24

Eco features are worth it

On the web
Visit metronews.ca for news updates

Women wait for rights

Matrimonial property bill long overdue, aboriginal elder insists

LAURA EGGERTSON
for Metro Canada

Despite the federal government's promise to resume deliberations this fall about legislation to ensure that First Nations' women on reserves have rights to their matrimonial homes, no debate has yet been scheduled on the parliamentary calendar.

The law is long overdue, many aboriginal women say.

"It's about time," says Shirley Williams, an Ojibwa and Odawa elder who teaches native studies at Peterborough's Trent University.

Bill C-8 would ensure women on reserves have the same legal rights as other Canadians to matrimonial property, meaning they and their children are entitled to court-ordered protection to remain in their home in cases of domestic violence.

Currently, many victimized women on reserves and their children must leave their homes because there is no legal framework protecting their right to stay.

The legislation closes a legal gap the Supreme Court and a legal action by the Native Women's Association of Canada pointed out, says Line Paré, director general of external relations and gender issues for Indian and Northern Affairs Canada.

This bill follows legislation the federal government passed in 2008, repealing Section 67 of the Canadian Human Rights Act. The section previously exempted First Nations people from claiming remedies to discrimination arising from the Indian Act.

For Williams, the laws begin to remedy problems she acknowledges.

"There's still a lot of physical abuse and violence on reserves towards women because, according to the Indian Act, men are the head of the households," Williams says.

Williams attributes that inequality to assimilation and education about the gender roles that conquering Europeans instilled.

"That's how we were trained, how (we) were taught, that men ruled the world. That's not the way it was before the Europeans came to Canada," Williams insists.

Beverly Jacobs, president of the Native Women's Association of Canada, is also deeply concerned about the level of domestic violence and inequity aboriginal women face on and off reserve. The new legislation is only an interim step, she stresses.

"Right now, this matrimonial real property legislation doesn't work," she says. "There were other issues that needed to be addressed — like violence, housing and access to justice. You can't just have a piece of legislation drafted without acknowledging the non-legislative pieces that go with it."

Those non-legislative pieces include safe housing, access to lawyers and money to pay them, Jacobs points out.

Paré says First Nations' women can use legal aid programs, although she acknowledges there is no additional funding to increase that aid in this bill.

FRED THORNHILL/FOR METRO CANADA

Ojibwa and Odawa elder Shirley Williams, who teaches at Trent University in Peterborough, says it's high time Bill C-8 became law. The legislation ensures women on reserves have the same legal rights as other Canadians to matrimonial property.

FocusOn FirstNations

MPP to get summons after Brampton accident: Cops

Liberal MPP Kuldip Kular, who was involved in an accident in Brampton Friday night that sent a pedestrian to hospital with minor injuries, will be charged with leaving the scene of an accident, police say.

Const. J.P. Valade of Peel police said last night that Kular, who has represented Bramalea-Gore-Malton since 2003, will get a summons in the next few days.

"The substance of the charge is that he didn't provide the information he is legally required to in such an event," said Valade.

Witnesses told investigators they saw the driver get out of a silver sedan and speak to the victim before taking off, leaving the pedestrian with a cut on his forearm and bruises all over his body.

TORSTAR NEWS SERVICE

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Bell the smartphone just got better

NOW $149.95
With a $45 voice and data plan (min. 500MB) on a 3-yr. term[2] ($599.95 no term)

It seamlessly integrates all your calendars into one view.

It allows you to open and view multiple applications at once.

It brilliantly combines a touchscreen with a slide-out keyboard for quick, accurate emails and texts.

No wonder it was selected as Best in Show at the 2009 Consumer Electronics Show.[1]

The 3G Palm® Pre™

Voted best mobile phone.[1]

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Also available at these retailers:

BEST BUY · BEST BUY mobile your phone, your way · COSTCO WHOLESALE · FUTURE SHOP · booth the telephone booth · WAL-MART · WIRELESS etc... · WIRELESSWAVE

Offer ends November 5, 2009. Available with compatible devices within Bell Mobility high-speed mobile network coverage areas. Other monthly fees, e.g., 911 (75¢), system access ($6.95; not a government fee), and one-time device activation ($35) apply. $6.95 system access fee is available with new activations and to existing customers who agree to a new committed service period (excluding corporate accounts). Paper bill service charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** Based on phones evaluated at the Consumer Electronics Show 2009. **(2)** With new activation on a post-paid voice plan and a data feature (min. 500MB) with a total min. value of $45/mo. You must keep a min. $45/mo. post-paid voice and data plan for 12 months after activation, otherwise a one-time data service price adjustment of $99 will be charged on your account. Palm and Pre are among the trademarks or registered trademarks owned by or licensed to Palm, Inc.

Available at the following Bell stores:

AJAX
Durham Centre

ALLISTON
36 Young St.

AURORA
14751 Yonge St.
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
59 First Gulf Blvd.
100 Great Lakes Dr.
10086 Hurontario St.
Airport Rd. to Queen
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Center

COBOURG
Northumberland Mall

COOKSTOWN
Cookstown Outlet Mall – kiosk

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7357 Woodbine Ave.
Cachet Village
Market Village
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
6965 Davand Dr.
980 Eglinton Ave. E.
2800 Skymark Ave.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
1635 Lawrence Ave. W.
170 Rimrock Rd.
2081 Steeles Ave. W.
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Elgin Mills Crossing
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall – kiosk
Cedarbrae Mall – kiosk
Eglinton Square
Malvern Town Centre
Parkway Mall
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
Promenade Mall

TORONTO
2256 Bloor St. W.
209 Danforth Ave.
700 Gordon Baker Rd.
85 Hanna Ave.
320 Queen St. W.
2171 Queen St. E.
2323 Yonge St.
Brookfield Place
Chinatown Centre
College Park
Commerce Court
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shoppers World Danforth
Shops at Don Mills
Toronto Life Square
Yorkdale Shopping Centre – kiosks

UXBRIDGE
307 Toronto St. S.

VAUGHAN
Vaughan Mills

WHITBY
Whitby Mall
Whitby SmartCentres

WILLOWDALE
Fairview Mall

WOODBRIDGE
4080 Highway 7

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

ScanLife

Local

World wushu championships at Ricoh

Toronto's Timothy Hung, left, Canadian men's champion in wushu — a blend of martial arts — is competing for international gold. He began training in Scarborough at age 11. Now, at age 20, he is part of a Canadian team that's taking on the rest of the planet at the 10th World Wushu Championships. With more than 600 competitors from 72 countries, the event is the largest sporting contest in Ontario this year. It continues until Thursday at the Ricoh Coliseum. TORSTAR NEWS SERVICE

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

INDEX

Canada Pg 6
World Pg 10
Comment Pg 14
Business Pg 19
Going Green Pg 22
Sports Pg 26
Workology Pg 28
Entertainment Pg 31

Tomorrow's Metro

National Report
Lawrence Martin gives us his take on the Canadian political scene.

metronews.ca
What's online today.

Blogs Kenya Hunt saves the day with moustache style tips just in time for "Movember"

Lotteries

Friday, Oct.23
Max: 04, 07, 10, 12, 23, 25 & 36 Bonus 18
Saturday, Oct. 24
Lotto 6/49: 05, 13, 25, 34, 36 & 46 Bonus 41
Sunday, Oct. 25
Ontario Pick 3: 1 5 0; **Ontario Pick 4:** 7 4 9 1
Encore: 1396147
Daily Keno: 1, 8, 14, 19, 25, 26, 27, 31, 34, 36, 38, 40, 42, 45, 46, 48, 53, 64, 65, 66.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Murdered man remembered

Hundreds march in candlelit vigil for victim beaten downtown

The intersection of Church and Wellesley became quiet and solemn last night as hundreds gathered to pay tribute to murder victim Christopher Skinner.

Church Street was a sea of flickering candles as up to 1,000 people showed up for the vigil. Skinner, 27, was killed Oct. 18 after being beaten by two to four men shortly after 3 a.m. Skinner was reportedly left lying on the pavement near a black SUV, which witnesses say was then deliberately driven over his body with both front and rear wheels.

Toronto police have since released video footage that suggests Skinner may have struck the SUV with his hand while trying to hail a cab. Skinner is also gay and the slaying has triggered speculation as to whether the graphic designer might have been the victim of a hate crime.

But yesterday such questions were momentarily cast aside as mourners focused their attention on remembering Skinner, a man friends describe as energetic, charismatic and friendly.

"If Chris extended his hand to hail a cab and accidentally hit a vehicle, he would've been walking right up there to apologize," said childhood friend Sarah, who declined to give her last name.

TORSTAR NEWS SERVICE

JOHN R. KENNEDY/FOR METRO TORONTO

Up to 1,000 people held a candlelight vigil last night to honour Christopher Skinner, who was beaten and run over in downtown Toronto last week. Following a moment of silence, the solemn procession moved from the corner of Church and Wellesley to the site of Skinner's death at Adelaide and Victoria streets. Police are still looking for suspects but have said there is no evidence that Skinner was targeted because of his sexuality.

Curriculum studies what puts people on street

In five gritty skits they wrote themselves and that will premiere this week, teens at Bur Oak Secondary School in Markham portray some of the reasons people land on the streets. Their creation is part of an experimental new curriculum developed by York University that is a cornerstone of a new awareness project on homelessness.

The Homeless Hub website, run by York's faculty of education, is believed to be the world's first user-friendly clearing house on homeless issues from videotaped testimonials to reports from front-line workers and scholarly research made easy to read.

As part of the move to bust stereotypes and boost awareness, York has developed lesson plans on this uneasy topic, plus primers for students themselves. The drama unit was being pilot-tested at Bur Oak. Drama teacher Cameron Ferguson helped write the new curriculum.

TORSTAR NEWS SERVICE

Mother charged with murder in death of son

HOMICIDE A Mississauga woman has been charged with first-degree murder after the body of her 15-year-old autistic son was found in a Mississauga hotel yesterday.

Shortly after 11 a.m., officers were called to a fourth-floor room at the Homewood Suites Hotel, in the area of Hurontario Street near Highway 401. Inside, they found the body of a 15-year-old boy with obvious signs of trauma. TORSTAR NEWS SERVICE

City man curls to win contest spot

MILLION BUCKS Clay Graves of Toronto earned the first semifinal spot in the Capital One Million Dollar Button contest by winning yesterday's qualifier during the final of the Grey Power World Cup of Curling in Mississauga, reports CBC News Online.

Graves, 64, put his rock five feet three inches from the button to emerge from a pool of six randomly selected contestants.

METRO NEWS SERVICES

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

TGI...payday
THANK GOD IT'S payday
Borrow up to $1000.00 till Payday!
BAD CREDIT? NO CREDIT? NO PROBLEM!
Lowest Cost payday loans in the GTA
97% Instantly Approved by phone/fax/internet
416-645-LOAN(5626)
35% OFF 1st loan with this ad
www.tgipayday.ca

Find The Relationship Of A Lifetime
Call Today For Your Free Introduction
416 913-5656
Premier Introductions caters to exceptional men and women who are serious about starting a long-term relationship with the right person.
www.premierintroductions.ca
PREMIER INTRODUCTIONS

LASIK MD VISION
LASER VISION CORRECTION
Starting at $490 TAX /eye*
Financing available with low monthly payments
At LASIK MD, we correct:
Nearsightedness
Farsightedness
Astigmatism
Dr. Avi Wallerstein MD, FRCSC 50 000 procedures
Dr. Mark Cohen MD, FRCSC 50 000 procedures
FREE Consultation: 1-877-316-4040 • www.lasikmd.com
DOWNTOWN TORONTO • NORTH YORK • MISSISSAUGA • HAMILTON
Now Open in VAUGHAN
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
Montréal | Ottawa | Kingston | Waterloo | London | Winnipeg | Calgary | Vancouver

Horse trailer involved in Hwy. 401 crash

A car crashed into another vehicle pulling a horse trailer on Highway 401 near Renforth Drive yesterday around 5 p.m., police say. A number of other crashes followed, as drivers attempted to avoid the orignal collision. One victim was sent to hospital with minor injuries, but none of the horses were hurt. TORSTAR NEWS SERVICE

The 411 on the new distracted driving rules

LAW Ontario's new distracted driving rules come into effect today. Here's what you need to know before you hit the road, according to York Region Police Sgt. Ed Villamere.

Although chatting and texting are the issues that concern most drivers, the law also prohibits the use of display screens unrelated to driving tasks, including DVDs or laptops.

• You probably won't get a ticket if you're caught using a hand-held cellphone before Feb. 1, when the government's three-month education period ends.

But that doesn't mean you can afford to take a slacker attitude. Police have the right to issue a summons to drivers flouting the new rules. That will land you before a justice of the peace, who can issue a $500 fine immediately.

• You can still talk on the phone when you are driving if you use a hands-free device such as an earpiece or headset with voice dialling or a unit that plugs into the car's speaker system or is secured to the rearview mirror.

You may not dial while driving. The test is whether or not you're holding the phone in your hand, said Villamere. If you're dialling, you're holding the phone.

• You can't text behind the wheel, but you can use a GPS system or an iPod.

Police advise you set your playlist or your destination before you begin your journey so you don't have to touch the devices while travelling.

• CB radios used by commercial drivers will be phased out within three years, to allow time for the development of hands-free technology.

TORSTAR NEWS SERVICE

When it's OK

- All drivers can use a hand-held phone or device to call 911 or when parked or pulled off the road.
- Emergency workers can use hand-held devices in performing their duties.

Voices against violence

In November 2005, Amon Beckles was shot in the throat while on the front steps of an Etobicoke church.

The 18-year-old was attending the funeral of his best friend, who he saw get gunned down in a parking lot the week before.

Like many in the community, Beckles refused to tell the police what he saw.

"People are afraid of retaliation, afraid of being known as snitches, and they never want to open their mouths. I was the same way at first," Amon's mother, Nadia Beckles, said yesterday.

But she no longer wants to stay quiet.

Beckles, alongside several other families who have lost loved ones to violence, held a rally outside City Hall yesterday, where they called on Toronto youth to stop carrying guns and weapons.

With their voices and whistles, the crowd of about 30 people held a moment of noise to remember the dead.

"We had the noise to give voice to the victims who have been silenced. And also to break the silence in the communities, where people are afraid to talk," said Audette Shephard of United Mothers Opposing Violence Everywhere, who spearheaded the demonstration. TORSTAR NEWS SERVICE

VINCE TALOTTA /TORSTAR NEWS SERVICE

Family members hold a sign with a photo of Reon Paul , 22, who was stabbed to death in 2005, at a rally at city hall yesterday where families of murder victims called for an end to the killing.

Health workers prepare for vaccinations to begin

H1N1 An Ontario Health Ministry official says the province's health units planned to spend the weekend training staff and putting plans in place to roll out H1N1 vaccinations today.

Spokesman Kevin Finnerty said about 700,000 doses of the vaccine arrived at health units across the province by the end of Friday.

"We have been moving day and night to get the vaccine into the health units, which has now been done," he said. "And health units are working night and day now to train their staff to get ready to immunize priority groups set for Monday." THE CANADIAN PRESS

Toronto Community Housing

Annual General Meeting

Thursday, November 5, 2009
7:00 p.m. - 9:00 p.m.

Ontario Institute for Studies in Education (OISE)
252 Bloor Street West

For more information, please e-mail
agm@torontohousing.ca

www.torontohousing.ca

RACE TO WIN EVENT
brimell toyota
Setting the standard
OCTOBER 21 - 28 ONLY
WIN UP TO $500 IN BONUS ACCESSORIES*
Plus - take advantage of reduced windshield pricing, 0% financing and cash incentives on select models, wholesale pricing on select pre-owned vehicles, guaranteed prizes with every new vehicle purchase... and more**
Race your sales consultant & win!
Call for details 1-866-414-4726
Brimell Toyota
5060 Sheppard Ave. East (at Markham Rd.)
Scarborough, ON M1S 4N3
www.brimelltoyota.com
40 YEARS
No purchase necessary to play video game contest. Contest is sponsored by Brimell Toyota. *Bonus accessories available with purchase of any new vehicle at Brimell Toyota. ** Cash incentives, wholesale pricing, and 0% financing available on select models. Restrictions may apply. Brimell Group employees are not eligible to enter. Mario Kart image and Nintendo properties are registered trademarks of Nintendo Canada Ltd. Prizes must be accepted as awarded, are non-transferable, non-refundable, non-saleable and cannot be redeemed for cash. See dealer for details.

Police release more video after hit-and-run

Toronto police have released more security video clips in the hope of finding witnesses to a fatal hit-and-run last weekend. Christopher Skinner, 27, was beaten and run over by a black SUV in the early hours of last Sunday after attending a birthday party in the downtown entertainment district. **CBC NEWS ONLINE**

Laser attacks on jets rising: Police

There's an alarming increase in the number of high-powered laser attacks on passenger jets and medical helicopters flying into GTA airspace, and police and transportation authorities aren't sure how to deal with it.

Using green astronomy lasers that can temporarily disorient a pilot, an unknown group of people have fired on aircraft from Woodbine Racetrack, Bluffers Park, a TTC station and other locations from Georgetown to Markham. There have been 28 of these attacks locally so far this year and the GTA accounts for 53 per cent of the national total for 2009.

"It's distracting (and) it's a flight safety issue," says Cliff Rundle, a medical helicopter pilot who has had his cockpit beamed by a laser three times while flying low.

Each time he has been en route to a Toronto hospital with a patient in critical condition.

"The cockpit lights up if you get a good hit. The light draws your attention right to it, and that's the problem. You're no longer paying attention to your flight."

Toronto area police and federal transport officials are powerless to catch the laser-beaming culprits.

In the U.S., police helicopters are routinely dispatched to track the source of laser beams. But with just one police helicopter in the GTA, police here say that's not an option. Laser attacks have yet to be blamed for downing an aircraft, but the Air Canada Pilots Association considers them one of the greatest safety concerns to their profession.

TORSTAR NEWS SERVICE

RBC Royal Bank®

TORCH RELAY
RELAIS DE LA FLAMME
vancouver 2010

PRESENTING PARTNER
PARTENAIRE PRINCIPAL

This isn't the time to get just any mortgage.
It's time to get the right one.

BEST RATE OFFERS*
RBC Homeline Plan®

5 Year Variable Rate Closed[1]	2.25%
Line of Credit[2]	2.75%

Now is the time to consult an RBC® Mortgage Specialist. RBC advice can help you take advantage of current interest rates, through an RBC Homeline Plan: a flexible mortgage that's part fixed – for peace-of-mind – and part variable – so you can benefit from today's low rates. And we can recommend one of the best priced lines of credit available in the market today. To take advantage of our advice, and our rates, **talk to an RBC Mortgage Specialist today. Visit a branch or rbc.com/mortgageadvice**

CREATE
A FUTURE WITH PEACE OF MIND

Proud Presenting Partner of the Vancouver 2010 Olympic Torch Relay.

TM1

™2009, VANOC. All Rights Reserved. Personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to standard lending criteria. Some conditions apply. * Rates shown are Royal Bank of Canada's best rates based on current promotions offered to the general public. Offer may be changed, withdrawn or extended at any time without notice. Not available in combination with any other rate discounts, offers or promotions. 1 Interest rate for the variable rate closed mortgage is our prime rate. The interest rate will change as our prime rate changes. APR 2.29%. The Annual Percentage Rate (APR) is based on a $100,000 mortgage for the term indicated and assumes certain cost of borrowing charges (for example, appraisal charges). If there are no cost of borrowing charges, APR and annual interest rate will be the same. 2. Interest rate for the line of credit is based upon Royal Bank of Canada's prime rate, plus 0.5%. Prime rate as of October 19, 2009 is 2.25% and will change as our prime rate changes and without notice. ®Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™1Trademark of Royal Bank of Canada.

Jet fighter makes emergency landing in Nevada

A Canadian jet fighter made an emergency landing in southern Nevada after losing power in one of its two engines. The CF-18 was en route from Las Vegas to El Centro, Calif., when the problem occurred Saturday afternoon. The cause of the power loss is under investigation. THE CANADIAN PRESS

Canada

Olympic torch protests expected

The Canadian Olympic torch relay, which begins in Victoria, B.C. on Friday, is expected to draw protesters along its 106-day route leading up to the opening of the Winter Games. But groups planning to target the Vancouver 2010 torch run say they're planning peaceful demonstrations. In Victoria, with the Olympic flame arriving on a plane from Greece just a day before Halloween, anti-Olympic groups are planning a street festival and a "zombie march" along Victoria's streets. THE CANADIAN PRESS

Olympian eyes Commons

Rebagliati expected to run for Liberals in B.C. against Day

JEFF HODSON
Metro Canada

Ross Rebagliati, the first snowboarder to win Olympic gold, is expected to be acclaimed as a Liberal candidate in the B.C. Southern Interior riding of Okanagan-Coquihalla.

"If I'm going to make a dent in the election, it's going to be with the youth," said Rebagliati, who lives in Kelowna with his wife and newborn son.

The nomination will take place at 6 p.m. in Penticton — so far, he's the only nominee.

Rebagliati captured gold at the 1998 Games in Nagano, but lost the medal after tests detected marijuana in his blood. The ruling was overturned and the medal was returned. The incident slalomed Rebagliati into overnight celebrity.

The 38-year-old will take on International Trade Minister Stockwell Day, the former leader of the Canadian Alliance, who has held the riding for almost a decade.

Day won Okanagan-Coquihalla with 58 per cent of the vote in the last election.

Craig Munroe, president of the Liberal Party of Canada in B.C., said the former Olympian will have to work hard to meet voters and show the contrast between Day and himself.

"Anybody who has achieved the level of the Olympics knows what it means to work hard," Munroe said.

THE CANADIAN PRESS FILE PHOTO

Ross Rebagliati of Whistler, B.C., who won a gold medal for snowboarding in the 1998 Nagano Olympic Games, is expected to be acclaimed as a Liberal candidate against Stockwell Day.

Man arrested after stabbing rampage

CRIME Vancouver police have a 30-year-old man in custody who's accused of going on a stabbing rampage over a half-hour period.

Police say the attacks started on a busy city intersection Saturday evening where one man was stabbed in the back.

The suspect is then alleged to have stabbed a person every few blocks over the next half hour period.

Witnesses to the fifth stabbing called 911 and chased the suspect down on foot until Vancouver officers caught up with the suspect a few minutes later.

All victims suffered non-life-threatening injuries.

Police say the suspect isn't known to any of the victims and a motive is under investigation.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

News in brief

H1N1 A preteen who died after being admitted to an Ottawa hospital this weekend marks Ontario's first H1N1 fatality since the second wave of the pandemic was confirmed. The medical officer of health says he doesn't believe the preteen had any underlying health issues. THE CANADIAN PRESS

do you know that
not **all** your professors
are "professors"?

Sessional faculty are currently bargaining for a new contract, and have voted 70% in favour of a strike.

Your teachers need your help. Sessionals do 30% of the teaching at UofT and are hired course by course.

Contact the provost and tell her that:

You have a **RIGHT** to know that good instructors will be there to teach you next year

You want them paid well enough to have time to meet **YOU** after classs

You want them to have time to write **YOU** a reference letter

You want a fair contract **QUICKLY** so that UofT doesn't face a **STRIKE**

Write the provost:
Professor Cheryl Misak
provost@utoronto.ca

university of toronto
CUPE 3902
education workers

October 26th to
November 08th, 2009

Richtree Market Restaurants

APPLE PROMOTION

featuring

Apple-Cranberry Crumble

$3.98

www.richtree.ca

Richtree Market Restaurants
Brookfield Place-Sam Pollock Sq. (FULL MENU also available) | Brookfield Place-Concourse
Eaton Centre | College Park | Bayview & York Mills
Square One (Mississauga) | Rideau Centre (Ottawa)

Opening Late 2009
NEW Richtree location at Promenade Shopping Centre

ASPIRIN® 81 mg

It's fun, it's fabulous - Toronto's 2nd Annual

ZOOMERSHOW

TORONTO'S ONLY CONSUMER SHOW & LIFESTYLE EXPO FOR MEN & WOMEN 45+

Over 200 exhibitors covering everything from health & fitness, to investing, wellness, and travel.
And on top of all that, you can SAMPLE food, EXPLORE, LEARN and ENJOY great live entertainment.

ZOOMERSHOW MAIN STAGE

PRESENTED BY

TORONTO STAR thestar.com · MIRVISH PRODUCTIONS · The Classical 103 fm · AM 740 Zoomer radio

VISIT THE QUEENSWAY AUDI 2010 LINEUP DISPLAY
Featuring Demonstrations by Canada's Golf Doctor TERRY MISKOLCZI
queensway Audi — Passionate about cars... devoted to people

WIN A TRIP FOR 2
to Riu Santa Fe Resort, Los Cabos Mexico COURTESY OF
Sunquest · Carlson Wagonlit Travel
Stop by the ZoomerShow Touch Screens for full details!

WIN AN ELECTRIC BIKE
COURTESY OF AIRSTREAM GROUP
VISIT THE CARP INSURANCE.CA BOOTH FOR DETAILS!

So Long, Farewell to
THE SOUND OF MUSIC

Return to
Penny Lane with
THE BEATLEMANIACS

Halloween Special
MICHAEL JACKSON TRIBUTE

Croon & Swoon with Australian Singing Sensation
GREGG ARTHUR
in his First Canadian Appearance!

Retro Rockin' with the
ABBAMANIA / BEE GEES TRIBUTE

THE ZOOMER FASHION SHOW
Featuring the designs of Wayne Clark

SATURDAY, OCTOBER 31ST

9:30 - 9:45am	Ulster Accordion Band
10:30 - 10:45am	L'Elegance Ballroom Dancers
11:30 - 11:45am	The BeatleManiacs
12:30 - 12:45pm	Australian Sensation Gregg Arthur
1:30 - 1:45pm	ZoomerShow Fashion Show
2:30 - 2:45pm	My Mothers Lesbian Jewish Wiccan Wedding Musical
3:30 - 3:45pm	Tribute to Michael Jackson
3:50 - 4:05pm	Rod Stewart / Tom Jones Tribute
4:35 - 4:50pm	Uptown Swing Band

SUNDAY, NOVEMBER 1ST

9:30 - 9:45am	Ulster Accordion Band
10:30 - 10:45am	L'Elegance Ballroom Dancers
11:30 - 11:45am	Australian Sensation Gregg Arthur
12:30 - 12:45pm	The BeatleManiacs
1:30 - 1:45pm	ZoomerShow Fashion Show
2:30 - 2:45pm	The Sound of Music Farewell
3:30 - 3:45pm	AbbaMania / Bee Gees Tribute
3:50 - 4:05pm	Tribute to Michael Jackson
4:35 - 4:50pm	Uptown Swing Band

BMO INVESTMENT ZONE

Presented by BMO Financial Group

MONEY, ZOOMER STYLE!
Hear top Canadian Financial Experts speak about the most important economic issues facing Zoomers.

ZOOMER TEA GARDEN

TWININGS · Art Exhibition curated by propeller CENTRE FOR THE VISUAL ARTS

Stop in at the *Zoomer Tea Garden* and sample **Twinings** selection of fine teas. While you're there you can view *The Last Taboo*, an art exhibition curated by Moses Znaimer on world aging. Presented in partnership with the Propeller Centre for the Visual Arts.

ZOOMER ACTIVE ZONE

Presented by CARPINSURANCE.CA BY THE McLENNAN GROUP · one

Participate in fitness routines specially designed with today's Zoomer in mind. From Tai Chi, to yoga, pilates and even dance! Our experts are here to teach you safe ways to get and stay fit.

Saturday, October 31 & Sunday, November 1, 2009
9am-5pm, Halls C & D Direct Energy Centre, CNE Grounds

First 100 attendees each day will receive a free pass to the ROM! VALUE $22 — ROM Royal Ontario Museum

Visit ZOOMERSHOW.ca for a complete schedule of all events. Tickets are $12 at the doors, $8 online.
Bring this ad and save $2.00! CARP Members are free.

TITLE SPONSOR: ASPIRIN 81 mg

GOLD SPONSORS: BMO Financial Group · Pfizer · mbna · CARPINSURANCE.CA BY THE McLENNAN GROUP · MERCK · CARP

SILVER SPONSORS: NOVARTIS · IMMUNITY-FX Live Healthy · ONE KING WEST HOTEL + RESIDENCE · sanofi aventis · AMGEN Pioneering science delivers vital medicines™ · queensway Audi · Bristol-Myers Squibb

CONTRIBUTING SPONSORS: TWININGS · BOOST · digitalRX Canada · R&D · ALEVE · Stage West · Linking Boomers Guide · AIRSTREAM GROUP · Carlson Wagonlit Travel · HEARTHSTONE BY THE BAY · propeller CENTRE FOR THE VISUAL ARTS · MIRVISH PRODUCTIONS · retirement1ot · ListenUP! CANADA

MEDIA PARTNERS: AM 740 Zoomer radio · 50Plus.com · one Body, Mind & Spirit channel · VISION TV · The Classical 103 fm · TORONTO STAR thestar.com · ZOOMERMEDIA · ZOOMER

Newfoundland premier makes budget cut about-face

Less than two months after making summer cuts to X-ray and lab services in rural Newfoundland, Premier Danny Williams admitted his government made a mistake and reversed those cuts, but he insisted that decision had nothing to do with a byelection tomorrow he desperately wants to win. THE CANADIAN PRESS

'Angina of legs' a heart risk: Doctors

All Canadian older than 50 should be routinely tested for a narrowing of blood vessels to the legs that could put them at elevated risk for a heart attack or stroke, cardiologists say.

Known as peripheral arterial disease, or PAD, the condition is believed to contribute to thousands of deaths each year.

Yet doctors aren't sure how many Canadians have the condition, which has been dubbed "angina of the legs."

"It's caused by narrowing of the arteries to the legs, and that narrowing is caused by atherosclerosis or buildup of cholesterol in the arteries," said Dr. Ross Tsuyuki, a professor of medicine in cardiology at the University of Alberta.

"It's the same process that causes most heart attacks and strokes," he said. "And because of that, it's not really that surprising that it's strongly associated with heart disease and stroke." THE CANADIAN PRESS

Vital signs

- Signs of peripheral arterial disease (PAD) may include leg pain during exercise, including walking; a feeling of coldness or numbness in one or both legs; pain in the toes at night; or open sores that won't heal.

To learn more about:

How to get the H1N1 Preparedness Guide ▸ When to see a health care provider
▸ How to care for others who are sick ▸ The H1N1 flu vaccine

visit **www.fightflu.ca**

or call **1 800 O-Canada (1-800-622-6232) TTY 1-800-926-9105**

Public Health Agency of Canada Agence de la santé publique du Canada

Canada

Heart attack symptoms alike in men and women: Research

Heart attack symptoms in men and women are more alike than some previous studies have indicated, according to research unveiled at the Canadian Cardiovascular Congress. No difference was found between men and women in the reporting of chest pain, the most common symptom associated with a heart attack. THE CANADIAN PRESS

Trudeau's relationships influenced politics: Bio

Former prime minister Pierre Trudeau's public life was influenced by the many women in his private life, a new biography suggests.

Historian John English suggests the late Liberal icon's one electoral defeat in 1979 can be traced to the emotional turmoil following the breakup of his tempestuous marriage to Margaret Trudeau.

And he credits actress Margot Kidder with influencing Trudeau's decision to launch a global peace initiative during his final months in office.

English, who had exclusive access to Trudeau's extensive personal papers, his family and close friends, draws those conclusions in the newly released Just Watch Me: The Life of Pierre Elliott Trudeau 1968-2000.

The book, the second volume of English's exhaustive biography, focuses primarily on Trudeau's almost 16-year stint as prime minister — from Trudeaumania in 1968, to defeat in 1979, to resurrection in 1980 and the ensuing battle with Quebec separatists, which culminated in patriation of the Constitution with a Charter of Rights.

But it also offers tantalizing glimpses into the private life the enigmatic Trudeau guarded jealously, particularly his romantic liaisons with a series of glamorous women — including actresses Barbra Streisand, Kim Cattrall and Gale Zoe Garnett and classical guitarist Liona Boyd — and the impact some of them had on his political career.

Streisand

Cattrall

Kidder

Boyd

TORSTAR NEWS SERVICE FILE PHOTOS

English posits that it was the breakdown of Trudeau's marriage that caused him to resist enormous pressure to call an election in the fall of 1977, when his popularity outstripped that of novice Progressive Conservative leader Joe Clark. His aides and strategists argued persuasively that all the stars were aligned for a Liberal victory and worried that circumstances might not be so propitious the following year.

But Trudeau rejected their advice.

"It was Trudeau's worst political decision," English writes.

English says senior aides reported the prime minister was "unusually and extraordinarily unpredictable" during that period. And he concludes that Trudeau, his personal life in turmoil due to the dissolution of his marriage earlier that year, simply couldn't summon the necessary concentration.

THE CANADIAN PRESS

TODAY, IT'S A BRAND NEW CBC NEWS.

Former general's fund to help families

MILITARY A fund set up by former general Rick Hillier to support military families in crisis is about to get a massive shot in the arm thanks to the efforts of a private foundation.

The True Patriot Love Foundation will host a gala dinner in Toronto Nov. 10, with proceeds going to support the Canadian Military Families Fund.

Shaun Francis, CEO of Medcan Health Management Inc. who chairs the event, says more than $1.5 million has been raised so far and after the expenses are paid he expects to present the fund with a cheque for more than $1 million.

It would be the largest single donation to the organization that was set up in 2007 by Hillier when he was chief of defence staff.

"It'll be an enormous boost," Hillier said of the planned donation.

"It will enable military commanders across the country to respond in the event of (family) emergencies and meet family challenges, particularly when the member is deployed around the world."

The fund covers a variety of unanticipated short-term expenses not covered by the federal government as part of benefits provided to military members.

THE CANADIAN PRESS

Purpose

- In launching the fund, Hillier said it was meant to complement, not replace, existing public programs. The sharp increase in combat deaths in Afghanistan around 2006 was accompanied by a massive outpouring of public sympathy for the military. The fund took in $821,000 last year, with the biggest amount coming from private donations.

Halifax **Fond goodbye**

ANDREW VAUGHAN/THE CANADIAN PRESS

Leading Seaman Glenn Lewis holds his three-year-old son Oliver yesterday on the helicopter deck of HMCS Fredericton in Halifax. The ship and crew headed out on a six-month deployment and will join the standing NATO Maritime Group providing security operations in the Arabian Sea.

Pair likely to be charged, say police

ABDUCTION Police say a Toronto couple will likely face abduction charges for allegedly attempting to fly to Hong Kong after fleeing to B.C. with their children during a court-appointed visit Saturday.

The six-year-old boy and five-year-old girl were reported missing Saturday when they did not return to their foster parents' home following an unsupervised two-hour visit with their biological parents.

Police found the children with their parents early Sunday in the Vancouver suburb of Richmond.

Toronto police Det. Jim Giczi says the Children's Aid Society was planning to ask for full custody later this week, putting the supervised and unsupervised visits to an end.

THE CANADIAN PRESS

Bears take a liking to minivans

What's bigger than a picnic basket and even better than one in the eyes of black bears in California's Yosemite National Park? A study in the Journal of Mammalogy says it's minivans driven by families who leave behind a trail of spilled juice boxes and food. Park scientists have found that the bears tore up minivans more frequently than other types of vehicles. THE ASSOCIATED PRESS

World

Madonna launches school in Malawi

An official for Madonna's African charity says the star has arrived in Malawi to visit the girls school she is building in the impoverished country where she adopted two children. The official said Madonna would take part in a groundbreaking ceremony for the girls school today. Madonna's Raising Malawi charity helps care for some of the country's one million orphans. THE ASSOCIATED PRESS

Canadians not welcome in Libya: Gadhafi

FOREIGN AFFAIRS Canadian travellers have been told they're not welcome in Libya, an apparent reprisal for Canada's near tongue-lashing of Moammar Gadhafi.

Gadhafi cancelled a planned stopover in Newfoundland last month after the Harper government made public its intention to scold the Libyan leader over the hero's welcome Libya gave a man convicted in the 1988 Lockerbie bombing.

Since then, Gadhafi has made clear to officials within Libya that no visas are to be granted to Canadians wanting to enter the country. That has left some Canadians who were part of recent tourist groups travelling in the Middle East and North Africa in the lurch. Gadhafi drew international rebuke in August for throwing a huge welcome-home party for Abdel Baset al-Megrahi, who was released from a Scottish prison. A spokesman for Prime Minister Stephen Harper said the action "constituted an insult to all the victims who died, including Canadians." THE CANADIAN PRESS

Bombings rock Baghdad

More than 140 killed as two blasts hit centre of Iraqi capital

A pair of suicide car bombings yesterday devastated the heart of Iraq's capital, killing at least 147 people in the country's deadliest attack in more than two years. The bombs targeted two government buildings and called into question Iraq's ability to protect its people as U.S. forces withdraw.

The bombings show insurgents still have the ability to launch horrific attacks even as violence has dropped dramatically in Iraq. Many fear such attacks will only increase as Iraq prepares for crucial January elections.

The dead included 35 employees at the Ministry of Justice and at least 25 staff members of the Baghdad Provincial Council, said police and medical officials speaking on condition of anonymity because they were not authorized to speak to the media. At least 721 people were wounded, including three American contractors.

The street where the blasts occurred had just been reopened to vehicle traffic six months ago. Shortly after, blast walls were repositioned to allow traffic closer to the government buildings. Such changes were touted by Iraq's Prime Minister Nouri al-Maliki as a sign that safety was returning to the city.

The attacks occurred just hours before Iraq's top leadership was scheduled to meet with heads of political parties in order to reach a compromise on election guidelines needed to hold the January vote.

The initial investigation suggested the vehicles, each loaded down with more than 1,500 pounds of explosives, might have passed through some security checkpoints before hitting their destination, said Maj. Gen. Qassim al-Mousawi, a spokesman for the city's operations command centre.

There have been no claims of responsibility so far, but massive car bombs have been the hallmark of Sunni insurgents seeking to overthrow the country's Shiite-dominated government. THE ASSOCIATED PRESS

m.metronews.ca

Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

A Palestinian youth hides as he hurls rocks at Israeli police.

Clashes erupt around Jerusalem holy shrine

JERUSALEM Israeli police firing stun grenades faced off yesterday against masked Palestinian protesters hurling stones and plastic chairs outside the Holy Land's most volatile shrine, where past violence has escalated into prolonged conflict.

A wall of Israeli riot police marched toward young men, sending many of them running for cover into the Al-Aqsa mosque, one of the Islamic structures in the compound known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary. They remained holed up in the mosque with police outside for several hours until dispersing before nightfall. Eighteen protesters were arrested, and no serious injuries were reported. But even mild troubles at the disputed compound in Jerusalem's Old City can quickly ignite widespread unrest.

"Jerusalem is a red line that Israel should not cross," said Palestinian Authority spokesman Nabil Abu Rdeneh. THE ASSOCIATED PRESS

Flashpoint

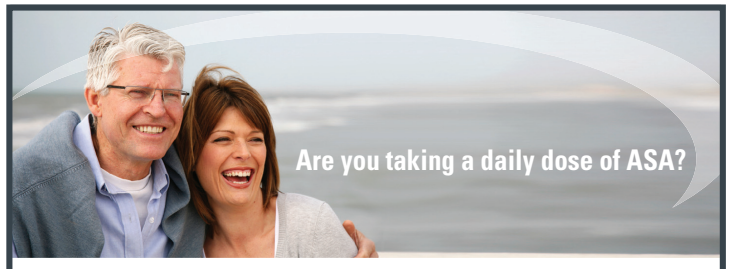
- A visit to the same site in 2000 by Ariel Sharon, then an Israeli opposition leader and later prime minister, helped ignite deadly clashes that escalated into violence that engulfed Israel and the Palestinian territories for several years.

News in brief

IRAN UN inspectors entered a once-secret uranium enrichment facility that raised Western suspicions about the intent of Iran's nuclear program. The visit yesterday by the four-member International Atomic Energy Agency team was the first independent look inside the planned nuclear fuel lab burrowed into hills south of Tehran and only publicly disclosed last month. No results from the inspection are expected until the team leaves the country.

FRANCE France's immigration minister has proposed a debate on French "national identity," saying it should not include Muslim veils such as the burqa. Eric Besson says "the burqa runs counter to national values." THE ASSOCIATED PRESS

XXX
IFOA
30th anniversary
international festival of authors
october 21–october 31, 2009
harbourfront centre, toronto
tickets/info: 416-973-4000
www.readings.org
authors at Harbourfront centre
International Festival of Authors
we proudly acknowledge our major sponsors:
THE GLOBE AND MAIL NOW THE WESTIN HELLO! CANADA THE WALRUS



BIOVAIL CONTRACT RESEARCH, a recognized leader in the clinical research industry, is conducting a clinical study involving an investigational medication.

We are currently looking for:

Adults who are taking a daily dose of ASA (acetylsalicylic acid or Aspirin):

- **who are 65 years or older OR,**
- **who are 18 years or older with a history of peptic ulcers**

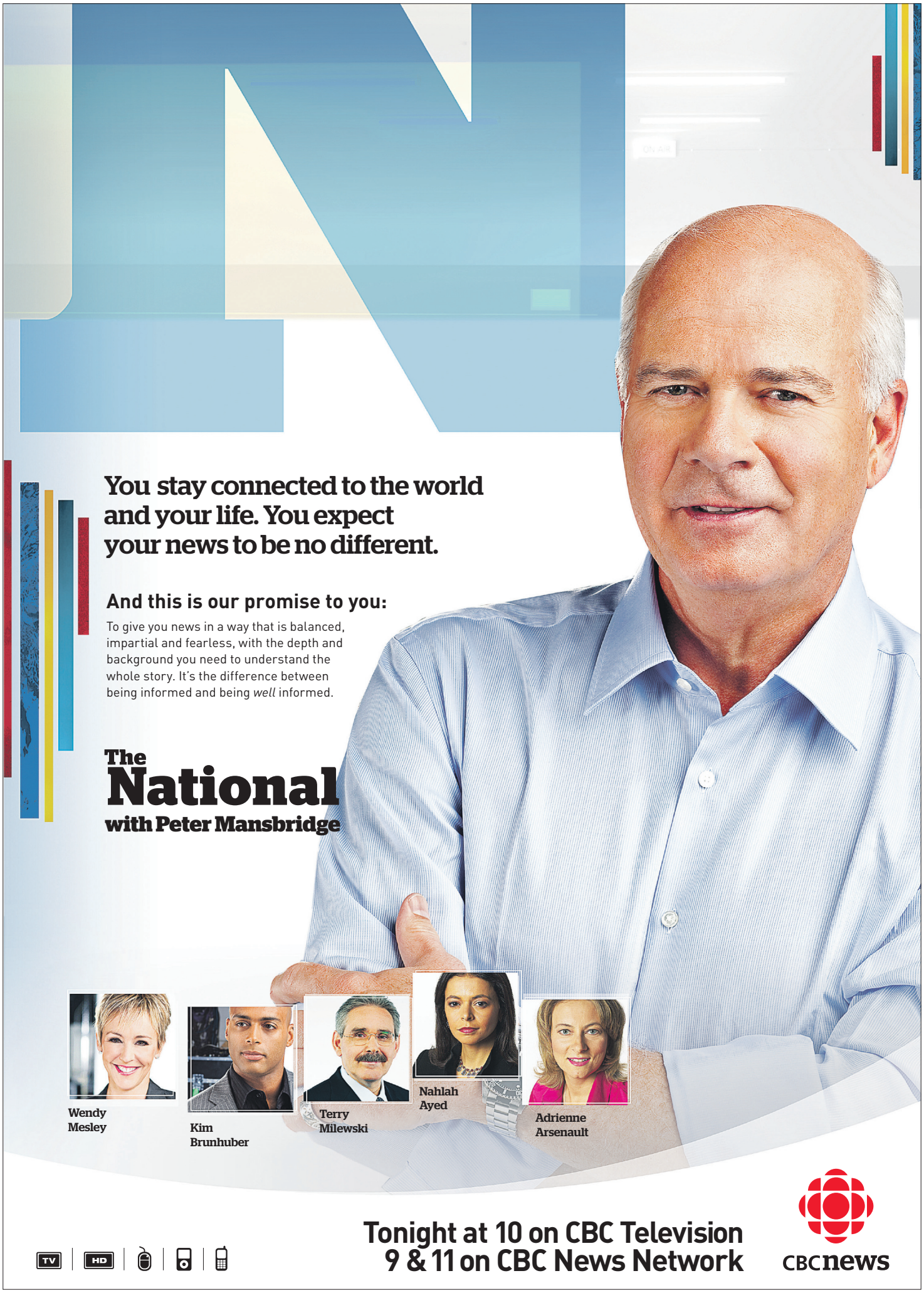
If you qualify, we'd like you to take part.

Study participants will be compensated up to $3,510.

Want to know more? Contact us at **www.biovail-cro.com or call (416) 752-3333**

BIOVAIL Contract Research

EARLY-BREAKING NEWS. m.metronews.ca


You stay connected to the world and your life. You expect your news to be no different.
And this is our promise to you:
To give you news in a way that is balanced, impartial and fearless, with the depth and background you need to understand the whole story. It's the difference between being informed and being *well* informed.
The National
with Peter Mansbridge
Wendy Mesley
Kim Brunhuber
Terry Milewski
Nahlah Ayed
Adrienne Arsenault
Tonight at 10 on CBC Television
9 & 11 on CBC News Network
CBC news

Church takes issue with Nobel laureate's new book

A Catholic Church official in Portugal says that comments by Nobel literature laureate Jose Saramago about the Bible are "offensive." Saramago's new work of fiction, Cain, takes a critical and sometimes light-hearted look at the life of Adam and Eve's son. THE ASSOCIATED PRESS

India **Tragic fire and a mother's pain**

TARUN DAS/THE ASSOCIATED PRESS

A woman whose two children died in a fire at a slum wails yesterday as she sits amidst the remains of her home in Siliguri, India. An unattended burning lamp is being held responsible for causing the fire, which quickly spread and engulfed almost all of the 200 shanty houses.

News in brief

RUSSIA A prominent opposition and rights activist in Russia's southern province of Ingushetia was shot dead yesterday in at least the third killing of a human rights defender in the volatile North Caucasus region in just more than three months. Maksharip Aushev worked to publicize human rights abuses.

NEW JERSEY More than 150 people at a New Jersey Catholic church yesterday prayed for the Rev. Ed Hinds, who was killed Thursday, and for Jose Feliciano, the man charged with stabbing the priest 32 times with a kitchen knife. Authorities say the slaying occurred Thursday afternoon after an argument between the two men in the church's rectory. Feliciano had worked at the church 17 years and his family is part of the parish. THE ASSOCIATED PRESS

Obama's fight with the right 'Nixonian?'

U.S. President Barack Obama's stand against Fox News and other organizations viewed as hostile to his administration is being roundly derided as "Nixonian" by critics that include political pundits, journalists and legislators who remember Richard Nixon's paranoid and divisive presidency.

Veteran White House correspondent Helen Thomas has railed against attempts by White House officials to control the media, saying their efforts have been more aggressive than they were in the years when she covered the Nixon administration.

And the mainstream media, even those organizations considered Obama-friendly, have widely criticized the White House for its war against Fox, citing the Nixon years.

For a man whose political idol is Abraham Lincoln, comparisons to one of the most despised presidents in U.S. history must surely pain Obama.

"It is the most idiotic comparison I've ever seen."
Pat Buchanan

Others argue it's grossly unfair to compare his administration's combative response to its critics to Nixon, a man who resigned in disgrace in the midst of the Watergate wire-tapping scandal.

"To say that this is Nixonian? Trust me, it is not Nixonian," Jane Hall, a contributor to Fox News for more than a decade, said on CNN yesterday.

Fox News has, in fact, has been conducting "a campaign to say Obama was a socialist, a communist, a racist on news programs as well as on commentary," she said.

Obama's chief of staff, Rahm Emanuel, is a storied, bare-knuckled political scrapper who once mailed a rotting fish to a pollster who irked him. Most insiders suspect his fingerprints on an apparent strategy to demonize enemies, which include not just Fox but the U.S. Chamber of Commerce and insurance companies.

Still, those efforts arguably pale in comparison to Nixon's, who had the Washington Post in his crosshairs as reporters Bob Woodward and Carl Bernstein painstakingly zeroed in on his personal involvement in Watergate. Nixon issued threats, tinkered with the Post's FCC television licence renewals and tried to engineer a takeover. John Mitchell, Nixon's attorney general, once famously shrieked at Woodward that Post publisher "Katie Graham is going to get her tit caught in a big, fat wringer" if the digging into the scandal continued.

Even conservative Pat Buchanan, a onetime Nixon aide, has scoffed at the parallels being drawn between Obama and Nixon.

"It is the most idiotic comparison I've ever seen," Buchanan said recently.

THE ASSOCIATED PRESS

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Can Some Insurance Companies Simply Refuse to Insure Some Drivers?

No. Since insurance companies have to file their rules and rates with the Financial Services Commission of Ontario (FSCO) they can only refuse drivers if they fall outside of the rules sent to FSCO. But what they *can* do is market themselves and set their rates such that they are more competitive for consumers they wish to attract (and, yes, less competitive for consumers they don't wish to attract). The result is that rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

Am I Doomed To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 30 in Ontario has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

This is where InsuranceHotline.com can help, by offering an independent, unbiased rate comparison from over 30 top insurance companies to find you the lowest rate for your profile and then connecting you with a licensed broker or agent who can provide the policy. It is fast, safe and completely FREE.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 30 of the top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance – and it's completely FREE to use.

There is never any obligation. You decide if you're interested in the rate provided and whether you want to move your business. So what are you waiting for?

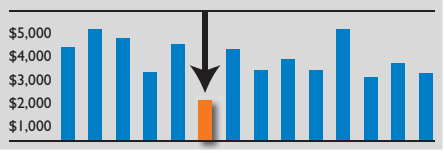
Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

InsuranceHotline.com

Your search engine for the lowest insurance rates

InsuranceHotline.com finds this rate for drivers – for FREE!



COMPARE OVER 30 QUOTES in minutes at InsuranceHotline.com

SEVERE WEATHER
POLITICS
INTERNET
BREAKING NEWS
DEVELOPING STORY

You need to know more. And you need to know now.

If it's happening in your backyard, you want to know more about the issues that are important to you and your family. That's why CBC News Local Newscast is now 90 minutes, with three convenient tune-in times. Plus, we've added a new Late Night Edition with weather, so you can wrap your day up sooner and be prepared for tomorrow.

CBC News Toronto

TV | HD

Weekdays at 5, 5:30 & 6 pm
and following The National

CBC news

TORONTO
Associate Publisher, Irene Patterson
Managing Editor, Jim Reyno
Retail Sales Director, Tracy Day
Prod/Distribution Director, Gerry Moher
METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Carving the Halloween mangelwurzel

HineSight

Anne Hines

metronews.ca/hinesight

Recently, this column offered a Hinesight History of Thanksgiving. Due to the unprecedented success of this article (no one wrote in to complain), I give you The Hinesight History of Halloween.

Halloween is believed to have originated with the Celts, who held a fall festival called "Shamhainiglub." This is a Gaelic word. Gaelic is an ancient language in which a whole bunch of letters were strung together and then pronounced anyway the Gauls felt like. So the likely translation of Shamhainiglub is Halloween.

We've all heard the phrase, "Nasty, brutish and short." Nowadays, this means "a reasonable prediction for the current season of the Toronto Maple Leafs."

In Celtic times it referred to "every bit of life all the time."

In late October, the Celts believed evil spirits roamed the Earth for three days. I don't know why it was only three. Perhaps by that time the demons were saying, "Gosh, life here is really nasty, brutish and short" and figured there was nothing more for them to contribute. But during those three days it was necessary to protect yourself by scaring them off.

One way of doing this was, apparently, to place human heads on sticks outside the village. A modern expert explains this custom as "a means of structuring, reinforcing and defending hierarchical relationships between communities." Loosely translated, this means "scaring the bejesus out of the other guy."

SunnySide

Later, actual heads were abandoned (as in, the practice was left off ... at least I think that's what it means) and vegetables carved with faces were used. The vegetable of choice was the mangelwurzel. I'm not making that up.

The proper way to carve a mangelwurzel was with a broadsword. You know, if Martha Stewart wanted to offer us real culinary excitement she'd go after food with large military weapons.

And a popular holiday sport was mangelwurzel hurling. By "hurling" I believe they meant "throwing," not the other thing. Though not having ever eaten a mangelwurzel, I can't be sure.

Eventually, the Celts realized they needed a less silly-sounding name for mangelwurzel and it was renamed "rutabaga." At that point it seemed easier just to go with pumpkins.

Nowadays, children roam at Halloween. Those who wonder what connection there could possibly be between demons and children need to meet the kid two doors down from me. And now, of course, our strategy is to be as nice as possible. It's the Canadian way.

Happy Halloween!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Will transit projects keep pace with traffic?

InTransit

Ed Drass

metronews.ca/intransit

Here we are, beginning one of the largest transport expansions anywhere in the world — and I'm worried. Despite billions of dollars going into subway, light rail and GO train projects, I fear road and transit congestion will be out of control by the time they come on line. Do I worry too much?

First case: Look at rail service between Toronto and Brampton. Metrolinx, the regional transit authority, is being closely scrutinized over plans to upgrade this major train line as well as build a spur to Pearson airport. Whether trains on this corridor end up using diesel or electric power, little extra commuting capacity is due prior to 2015.

It's much the same for other big GTA projects — there's a gap of four to six years before we ride them. For example, the soonest LRT service can begin on Sheppard Avenue East is 2013.

Quick tip

- The long-awaited regional Presto fare card may seem overdue, but I am told the project is on schedule. GTA rollout begins in "spring 2010". See prestocard.ca for dates.

Metrolinx official John Howe says some "Quick Win" projects will be ready sooner, including major upgrades on the Barrie and Stouffville GO lines, plus 12-car trains on the Lakeshore corridor.

Metrolinx CEO Rob Prichard says steady "intensification" of GO Transit capacity will continue. "Those big transformational steps are … farther out in the horizon," adding, "In the near term our emphasis is going to be on customer service, on-time service (and) reliability of service."

As for commuter impatience, Prichard says, "My consistent reading is, right now people support the agenda of increased services but they don't have unrealistic expectations of how quickly it will come."

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.

MICHAEL DE ADDER

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Toronto 1 Concorde Gate, Suite 703, Toronto, ON M3C 3N6, Tel: 416-486-4900; Fax: 416-482-8097; Advertising: 416-486-4900 ext. 316 • adinfotoronto@metronews.ca; toronto_distribution@metronews.ca; News: jim.reyno@metronews.ca

Going green doesn't have to be this hard!

Visit CarpoolZone.ca

Tell Smart Commute NTV how you would green Toronto's commute in 140 characters or less for your chance to win a Montreal getaway for two!*

To enter:
- text the phrase "SmartCommuter" and your answer to 32075
- email: info@SmartCommuteNTV.ca
- post on SmartCommuteNTV's Facebook wall
- Visit SmartCommuteNTV.ca

METROLINX Carpool zone VIA Rail Canada Smart Commute NORTH TORONTO, VAUGHAN

Contest Ends - October 31, 2009

No purchase necessary. Odds of winning depend on total number of eligible entries received. Full contest rules at SmartCommuteNTV.ca.
*Montreal getaway includes return train travel for two people, and two night's hotel accommodation. Winner must be 18 years of age or older.

It's a brand new CBC News Network now.

New faces. New look. New energy. We deliver the real story as it's happening 24/7. You'll get the who, what, when, where, why and how – with constant updates and live coverage. We'll tell you what we know, what we don't, and what we're still trying to uncover. Giving you everything you need to know, now.

Heather Hiscox

Weekdays at 6 am

Anne-Marie Mediwake

Weekdays at 9 am

Suhana Meharchand

Weekdays at 11 am

Carole MacNeil

Weekdays at 2 pm

THE LANG & O'LEARY EXCHANGE

Bringing you the day's top business news, complemented by astute analysis, lively debates and key interviews.

Weekdays at 4:30 pm

Power & Politics with Evan Solomon

Covering stories of policy, power and the people who make Canada run, both on the Hill and across the country.

Weekdays at 5 pm

Connect. with Mark Kelley

A news talk show bringing you the stories through the people who live them.

Weeknights at 7 pm

Followed by CBC News The National

TV | HD

CBC news network

The Comwave Comparison

Bell

Bell Home Phone Choice

$68.79/month

Includes
UNLIMITED Calling to Canada & U.S.A.

- VoiceMail
- Call Display
- Call Waiting
- Call Return
- Three Way Calling
- Call Forwarding

Rogers

Rogers Extra Value Plan

$41.31/month

Includes
1000 Minutes to Canada & U.S.A.

- VoiceMail
- Call Display
- Call Waiting
- Call Return
- Three Way Calling
- Call Forwarding

comwave

One-Rate Plan

$29.95/month

Includes
UNLIMITED Calling to Canada & U.S.A.

- VoiceMail
- Call Display
- Call Waiting
- Call Return
- Three Way Calling
- Call Forwarding
- And Much More!

BONUS :
FREE Cordless Phone System!

ALL FEATURES FREE!

- ✓ Caller ID
- ✓ Voicemail
- ✓ Call Forwarding
- ✓ Call Waiting

And Much More!

Enhanced	Unlimited Canada	One-Rate	Global
$14.95/month	$19.95/month	$29.95/month	$39.95/month
UNLIMITED Local Calling	UNLIMITED Calling to Canada	UNLIMITED Calling to Canada & U.S.A.	UNLIMITED Calling to 25 Countries!
All Features FREE	All Features FREE	All Features FREE	All Features FREE

FREE

Cordless Phone System with your Comwave Home Phone

3 Handset Cordless Phone System

- Interference free
- Speaker Phone
- VoiceMail Indicator
- Caller ID/Call Waiting

DECT 6.0 DIGITAL

comwave

1-866-516-0236

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. The Rates of $41.31/month and $68.79/month are as advertised on http://www.homephonechallenge.ca on Oct. 5 2009. Comwave One-Rate Plan does not include applicable taxes. By accepting the free cordless phone set, you are agreeing to a 3 year term and agree to waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation. Terms and conditions apply, see www.comwave.net for detailsSatisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Terms and conditions apply, see www.comwave.net for details.

No Matter What Country You Call
(Anywhere In the World!)

No Matter What Rate you Pay

Comwave will beat it... GUARANTEED!
(Even from your Cell Phone!)

CUBA	GREECE	PAKISTAN	PHILIPPINES
85 ¢/min	2.9 ¢/min	5.9 ¢/min	11.9 ¢/min

INDIA 2.9 ¢/min

What Country Do You Call?

Afghanistan	24.9 ¢	Fiji	24.9 ¢
Bangladesh	from 3.9 ¢	Ghana	9.9 ¢
Barbados	9.9 ¢	Greece	2.9 ¢
Chile	2.9 ¢	Guatemala	10.9 ¢
China	2.9 ¢	Guyana	27.9 ¢
Ecuador	12.9 ¢	Honduras	15.9 ¢
El Salvador	9.9 ¢	Iraq	from 4.9 ¢
Jamcaica	8.9 ¢	Israel	2.9 ¢
Jordan	3.9 ¢	Italy	2.9 ¢
Kenya	from 6.9 ¢	Russia	from 2.9 ¢
Kuwait	6.9 ¢	Saudi Arabia	from 3.9 ¢
Lebanon	9.9 ¢	South Korea	2.9 ¢
Libya	24.9 ¢	Sri Lanka	11.9 ¢
Nepal	from 7.9 ¢	Trinidad	4.9 ¢
Oman	14.9 ¢	U.A.E.	16.9 ¢

NEW LOW RATE TO INDIA

If the country you call is not on this list, or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider...
GUARANTEED!

Limited Time Offer!
UNLIMITED Calling to Anywhere in **CANADA**
$5 /month

CALL OVER 20 COUNTRIES

ONLY 1¢ /min

$10 /month = **1000** Minutes per Month

only **1¢** /min

MAKE LONG DISTANCE CALLS TO ANYWHERE IN THE WORLD FROM YOUR CELL PHONE AT COMWAVE'S **GUARANTEED** LOWEST RATES

✓ No need to cancel your service provider. ✓ $10 Free Long Distance for every friend you refer ✓ No Contracts

comwave®

1-866-516-0236

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of $10/month for 355 minutes. Unused minutes do not roll over to the following month. PLan is based on a 1 yr term where early cancellation fees apply. There is a 30 day satisfaction period where you may cance; at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this undle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Overseas Mobile Phones may be billed at a higher rate.

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

Pharmacy & Danforth Ave.
1 & 2 bdrms from **$835**
Utilities included, refreshed suites, close to subway, shops
MOVE-IN BONUS ON SELECT SUITES
9-5 Mon-Fri 12-5 Sat & Sun
416.698.7233 • 416.694.3187
WWW.PRINCESSMGMT.COM

EGLINTON-KIPLING
35 Warrender Ave.
1 Bdrm from $980
2 Bdrm from $1,145
Immediate & Later
Beautiful treed setting, near schools, TTC, 427/401, airport, shopping, C/AC avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security
1 MONTH'S FREE RENT
APPLY 1450 KIPLING,
S.W. OF EGLINTON 416-231-2003
WWW.PRINCESSMGMT.COM

UPTOWN DVP & YORK MILLS
1200 & 1202 York Mills
Newly Renovated 2 Bedroom Suites
From $1177/mth.
Close to York Mills & Sheppard Subway • Easy access to 404, 401, 407 & DVP • Minutes to Fairview Mall • Tuck shop, Daycare & Hair Salon on site • TTC at your door
416-449-9910
Rentalsyorkmills@sterlingkaramar.com
www.sterlingkaramar.com

BLOOR ST/THE WEST MALL
265/287 Markland Dr *(Etobicoke)*
UTILITIES INCLUDED
1, 2 & 3 bdrm suites
from $860/mo.
Well Maintained
Indoor and Outdoor Parking Avail.
Close to Schools, Shopping & TTC
Call 416-720-9500

DOWNTOWN BLOOR & DOVERCOURT
730 Dovercourt
LRG Bach, 1 & 2 Bed Suites
From $857/mth.
Walk to Ossington & Dufferin Subway • Walk to Wal-Mart & Dufferin Mall • Minutes to U of T • Lovely views of the Lake • Beautifully Landscaped
416-534-1139
Rentalsdoversquare@sterlingkaramar.com
www.sterlingkaramar.com

FACING DUNDAS WEST SUBWAY STATION
Bachelors from $739
1 Bedroom from $929
A/C / Indoor Pool / Indoor Mall Management On-site
24hrs security / Utilities Incl.
2340 Dundas St. West
416-532-3331

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

LOANS LOANS LOANS
Borrow up to $10K
MONEY SAME DAY!
Not so good credit ok!
Must have credit cards for over two years
416-221-2345

CREDIT-ZONE
NEED A CAR LOAN? CALL CREDIT-ZONE
APPLY ONLINE AT
www.creditzonecanada.com
1-800-519-9566

MONEY PROBLEMS?
MAKE ONE MONTHLY PAYMENT FOR ALL YOUR DEBTS
No need for BANKRUPTCY
North York: 416-650-1100 | Scarborough: 416-754-0011 | Mississauga: 905-275-4200 | Brampton: 905-796-3100 | Ajax: 905-426-8400
GTA CREDIT SOLUTIONS SERVICES LTD. www.gta-credit.com

Segal & Partners Inc.
Trustee in Bankruptcy, Proposal Administrators, Credit Counsellors
Debt Problems?
✓ Are you having financial difficulties?
✓ Are creditors calling you?
✓ Do you require a fresh start?
Let Us Help You
Let's discuss your financial options
For a Free Consultation Contact
SEGAL
At 1-800-206-7307 ext. 495
www.trustee.ca

LOANS TILL PAYDAY
Direct Deposit Now Available
QUICK APPROVAL OVER THE PHONE
416.667.9017
GET YOUR MONEY FAST
www.loanstillpayday.com

PFS Loan Centre
Need a loan?
Bankrupt, Proposal or Past Bad Credit?
Why pay sky high payday loans? Our rates are affordable!
Think smart. Think Prudent.
Car paid off? (6 years or newer - up to $15,000)
Personal loan (1 yr. on job, $15/hr min. req.)
Rebuild your credit!
PrudentLoanApprovals.com 416.634.2013

DIVORCE

FLAT RATE DIVORCE
DivorcePlease.Ca
416-667-1101
*Guaranteed No 'Hidden' Fees

SIMPLE (UNCONTESTED) DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
3 9 3 9
Lawyer-prepared and filed for you
Member Better Business Bureau

Financial Problems?
DEBTS??
Missed Mortgage Payments?
ONE SMALL monthly payment to
AVOID BANKRUPCY
We can HELP (416)-663-5444
www.alliancecredit.ca

LEGAL

CRIMINAL DEFENCE LAWYER
with 20 years experience
Will defend you on all criminal charges including:
All Sexual Charges • Drug Charges
• Weapons Charges
GERRY MAZZA | 416 902 9810

HAS YOUR DISABILITY CLAIM BEEN DENIED?
Then you need an effective lawyer on your side.
-Free initial consultation
-No fees until we settle
- Individual & Group Plans only
Call Stephen Ellis, B.A. (Hons.), LL.B, Barrister & Solicitor
tel: (416) 512 2301 • Fax: (416) 512 2025 • stephen@ellislaw.ca

Car paid off? $1000 loans!
2001 & older
ALSO 2002 & newer up to $10,000
Bad Credit OK! Fast Approvals!
1 888 453 4350
ICON HORIZON Visit: titleloanscanada.ca

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose
- Purchase or re-finance up to 95%
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into one payment
- Self-employed? No income qualifying?
- Good, bad or no credit?
- Behind in Mortgage Payments?

CALL TODAY FOR DETAILS
COMMERCE VENTURES
416-913-9593
OR 647-273-5626
License # 10734

Debt Relief
Are you struggling with debts?
Let us help you:
- settle your debts without a bankruptcy
- reduce your debts by more than half
- only one low monthly payment
- no interest, stops garnishment

Nona Ramcharan
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line: 416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Offices in North York, Scarborough & Mississauga
Tel: 416-665-DEBT

Criminal Record?
Get it ERASED!
Call Now for a Free Consultation
416-854-5978
or Apply Online at:
LegalPardons.ca

CAREER TRAINING

Become a PSW
in 6 months
PERSONAL SUPPORT WORKER PROGRAM

ABMCollege.com
(416) 913-4700
705 Lawrence Ave. W/ Allen Rd.

PSYCHICS

Prof. Tado
There is no problem without a solution. I help to resolve all your troubles and worries to help you get what you want out of life. Specialist in fast results and defining the person you love. I heal unknown sicknesses, as well as can protect you in your work environment. All your problems will be resolved, 100% efficient results and guaranteed.
Call me to make an appointment
647-865-4594

MR.ABDOUL AFRICAN MARABUT
NATURALLY GIFTED CLAIRVOYANT / MEDIUM. I CAN HELP WITH ALL YOUR RELATIONSHIP MATTERS, REUNITE LOVERS & SAVE MARRIAGES. REMOVE NEGATIVITY TO IMPROVE YOUR LUCK IN BUSINESS, JOB & COURT CASES. CAST OUT SPIRITS AND UNKNOWN FORCES. PROVIDE LASTING PROTECTION.
WHERE OTHERS HAVE FAILED, I HAVE SUCCEEDED FAST! EFFECTIVE RESULTS!
CALL NOW 416-784-1322

Powerful Indian Astrologer
Pandit Sivarama Guruji
Black Magic • Evil remove immediately • Etc. • He speaks English, Hindi, and Tamil
Business investments • Work problems • Money problems • School exams • Court cases
Family arguments • Jealously • Worries about loved ones • Childless couples
Money blessing • Sexual problems • Depression • Drinking problems • House production
He is very special in removing black magic & gives production
he performs all types of pujas for all problems
Call: 416-829-2941 *(Islington & Albion)*
Open 7 days a week from 10:30 am to 8:00pm

FAMOUS INDIAN ASTROLOGER
PANDIT BABU SWAMY
1st Time In canada

For suggestions and solutions on Love, Marriage, Education, lucky number, Husband & Wife Problems, Career, Sickness, Business, Children Mistakes, Sexual Problemds, Family Problems,Evil Effects and etc...
Specialized in removing black magic and gives protection, perform all types of pujas for all problems.
Guaranteed Results
He can handle any kind of problems
Spiritual leader

for appointments:
Call 647-996-7107
2432 Eglinton Ave E. Unit # 1 @ Kennedy in the No Frills Plaza
Inside Of Victoria Furniture from 11:00 an - 8:00 pm

The Most Powerful Spiritualist from INDIA
★ Pandit Vijay Varma ★
I help in all problems and work with God & Holy Spirit.
Are you suffering in silence and nobody knows your pain and sorrows, but you & God know? Well you are not alone, The Holy Spirit will guide you to me and convince you, I will remove and destroy all bad luck, witchcraft, jealousy & black magic permanently. With my superior strength and holy given powers & protect you from evil things etc.
3075 Hurontario St. • 647.330.0672

SPIRITUAL READER & ADVISOR
By the sound of your voice, she will tell you past, present & future. Gives you advice on love, marriage, business, home, family. She will not ask why you called, she will tell you. Specializes in reuniting loved ones where others have failed. She has succeeded. She is superior over all, she is gifted with amazing powers. With one call you will be convinced, with her gifted powers. Immediate results guaranteed. No problem is to big or small, so if you're ready for life changing results, call for a free consultation 416-840-6615

Visit metronews.ca to watch metrotube of the day

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression
Success in business.
Court cases.
Protection against evil
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. 416-783-3910

MOVERS

Executive Movers
$40/HR PLUS 1 HR TRAVEL 2 MEN & A TRUCK, INSURED AND BONDED WE WRAP FURNITURE USING PLASTIC AND/OR BLANKETS
FAST AND FRIENDLY
Call Moses:
647-989-4284
647-654-4284

Mr. Saleem
Renowned African Medium & Clairvoyant (english, french and portuguese speaking). Love specialist, resolves all problems, business success, release from spells, protection against enemies. Court cases, reunite lovers' forever even hopeless cases. 25 years experience. Quick Results. Don't suffer in silence seek help!
647-281-4609

PLAY GAMES online at metronews.ca and in Metro's Take Five. *Do it daily.* metronews.ca

MICHAEL JACKSON'S
THIS IS IT

THE MUSIC THAT INSPIRED THE MOVIE
CD OUT NOW!
www.michaeljackson.com

Icahn resigns from Yahoo's board
Activist investor Carl Icahn has resigned from Yahoo Inc. after muscling his way on to the slumping Internet company's board nearly 15 months ago. He remains one of Yahoo's largest shareholders with a 4.5 per cent stake worth about $1 billion. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 95.07¢ (Friday's close)	US $4.78 (Friday's close)	US $80.50 (Friday's close)	11,382.13 (Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Total deficit could reach $100 billion

The bills are coming in across the country and they are hefty.

Ontario said it will suffer a $24.7-billion deficit this fiscal year, almost double its March projection, and the federal government said it is already $23.7 billion in the red.

Fiscal edge slipping

- CIBC's Avery Shenfeld says Canada is starting to lose the fiscal edge it had gained on the United States during 12 years of surplus budgets ushered in by former Liberal finance minister Paul Martin, starting in the mid-1990s.

TD Bank estimates the total public sector shortfall will be at least $90 billion this year. It more than likely will be in the $100 billion to $110 billion range.

TD Bank economist Derek Burleton says governments are creating such a debt elephant that they will need to cut spending drastically or even raise taxes to prevent Canada from falling into the deficit nightmare of the 1970s, '80s and '90s.

Most of Ottawa's shortfall this year is not from stimulus spending, but the result of the recession's wreckage. Ottawa is paying out much more for such things as benefits to the unemployed and taking in far less in taxes.

THE CANADIAN PRESS

Business in brief

AIR TRAFFIC Nav Canada said a six per cent drop in air traffic volumes led to lower revenues for the year ended Aug. 31. Ottawa-based Nav Canada, which provides traffic control and other flight services, said revenues were $1.2 billion for fiscal 2009. That compared to revenues of $1.3 billion for the previous year.

THE CANADIAN PRESS

Investors harder to please?

MARKETS Stock markets could be set for a tepid trading week after an anemic finish last week that seemed to fly in the face of another series of positive earnings reports.

Well-received earnings reports from the likes of Amazon.com and Microsoft at the end of the week failed to lift the markets overall.

And investors also looked past a sharp rise in U.S. home resales.

There is increasing talk that, now that investors have received some reassurance about the third-quarter earnings season, it's getting harder to maintain the powerful rally that's been running along since early March.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Parade Sheepish protest

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

A shepherd drives his flock through Madrid yesterday during a parade held every year to protest the destruction of Spain's ancient routes used to lead livestock to the high pastures for the summer months and back to lower pasture in early October. The system evolved during the Middle Ages and endured until the 20th century, but broke down due to industrialization.

Variable mortgages better for most borrowers: Study

RATE Fixed mortgage rates may help you feel secure in your budgeting, but the Bank of Montreal says the more volatile variable rate mortgages will save you money in the long run.

The bank put out a report Friday showing that, over the past 30 years, variable rate mortgages have been more cost-effective about 82 per cent of the time. Studies have shown many Canadians prefer a fixed-rate mortgage.

The spread between five-year fixed mortgages and variable mortgages has widened in recent years, and is now near an all-time high.

THE CANADIAN PRESS

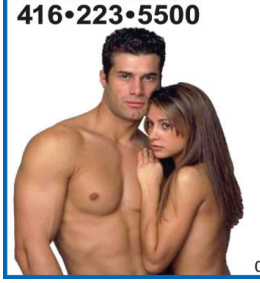
DEBT PROBLEMS?
We Can Help!
Call Now 1-888-532-0098
FREE Consultation
- Avoid Bankruptcy. Protect your HOME !
- One small monthly payment for all your debts!
- No more calls from collection agencies!
- Reduce interest rate on your debts!
- Cut your debt by up to 70%!

Licensed by the Ontario Government Reg# 4710424
Debt Payoff Canada
www.debtpayoff.ca

State Bank of India (Canada)
CDIC Member
TOLL FREE: 1-866-SBIC-NOW
www.sbicanada.com
Invest in TFSA
SBIC Power GIC account at
1.75%*
Conditions apply. Interest rates subject to change*

PLAY FREE
online games daily.
metronews.ca

Look great. Feel great. Lose weight.
FIRST 9 WEEKS FOR $99
Lose up to 20 lbs, guaranteed.†
Call for your free, no-obligation consultation
1-800-254-5023
†See in-store for details. Offer available until October 31, 2009. Herbal Magic © 2009. All rights reserved.
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES

100% PERMANENT HAIR REMOVAL
OMI MEDICAL INC.
416•223•5500

The difference between OMI and everyone else is
DRAMATIC!!!
Others deliver empty promises. OMI delivers
SUCCESSFUL TREATMENT!!!
Why are we the best since 1979???
IT'S ALL WE DO!!!
Most of our new clients were treated unsuccessfully elsewhere by amateurs
SAVE YOUR MONEY!!!
What good is a cheap rate if you don't get results?
Come to the professionals at OMI and get
THE RESULTS YOU WANT!!!
www.omihair.com
OPEN 7 DAYS A WEEK
OMI on Rogers TV Channel 5 EXCLUSIVELY

The True Home Phone Comparison
Bell $46.89 Rogers $42.36 Telehop $9.94

Telehop™ The Smart Alternative
Get more value for a lower price with your Telehop HomePhone
Basic Plan
Unlimited local calling
8 Calling features
Extended local calling area
Price is GUARANTEED for two years
1•800•209•5048 | Telehop HomePhone www.telehop.com/homephone
Taxes extra. Price subject to change without notice. Telehop comparison based on Telehop HomePhone Basic Plan with 8 calling features for $8.99, and E911 Service Fee for $0.95. $50 refundable security deposit is applicable. 2 year committment required. Comparison to Rogers based on Rogers Phone Line including 5 calling features for $41.95, Message Relay (TTY) for $0.19, and 911 Emergency Access Fee for $0.22. Comparison to Bell based on Home Phone Choice package including 5 calling features for $37.95, Long Distance Access Fee for $5.95, and Touch Tone, 911, and Message Relay Service for $2.99. Rogers rates as of June 29, 2009. Source: Rogers.ca. Rogers is a trademark of Rogers Communication Inc. or an affiliate. Bell rates as of June 29, 2009. Source: Bell.ca. Bell is a trademark of Bell Canada.
162 10/09

MICHAEL JACKSON'S THIS IS IT
CD OUT NOW!

U.S. bank failures top 100
The number of banks that have failed so far this year in the United States topped 100, hitting 106 Friday — the most in nearly two decades. THE ASSOCIATED PRESS

Tories release stats

Party delivers stimulus analysis to counter Grits

The federal Conservatives are fighting back with some stimulus number-crunching of their own, after enduring a week of Liberal accusations of pork-barrelling.

The Conservatives are highlighting how they have spent billions of taxpayer dollars on major infrastructure projects mainly in opposition ridings rather than their own.

In charts provided to The Canadian Press, government officials note the major infrastructure component of the Building Canada program has allocated $1.4 billion to large projects in opposition ridings in Ontario, and just $436 million to Conservative ridings.

"It's wrong to highlight one fund, as the opposition has been doing, and carry that trend."
Chris Day, spokesman for Transport Minister John Baird

"This particular fund supports major projects, typically in major municipalities that tend to be represented by opposition members," said Chris Day, spokesman for Transport Minister John Baird.

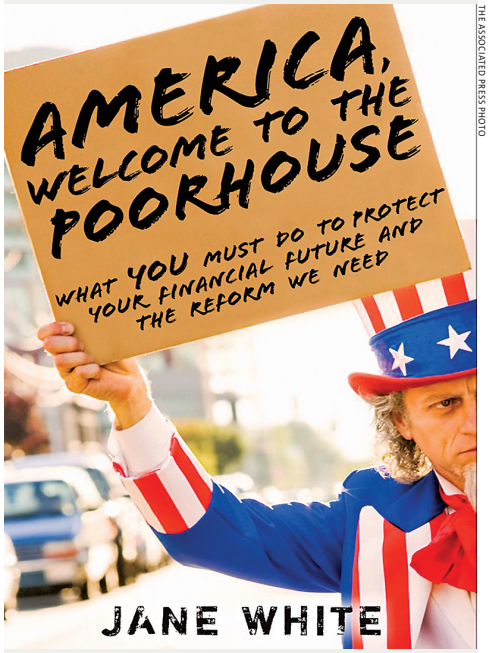
"We have different funds for different purposes. It's wrong to highlight one fund, as the opposition has been doing, and carry that trend."

The Liberals have produced several studies of different parts of the federal government's massive stimulus program. They have concluded the spending heavily favours Tory ridings, especially cabinet ministers.

But the Conservatives counter the Liberal number-crunching has too many omissions to be taken at face value.

THE CANADIAN PRESS

Biz book **Poor Americans?**



THE ASSOCIATED PRESS PHOTO

Jane White, founder and president of Retirement Solutions, LLC, has just released her new book, America, Welcome To The Poorhouse: What You Must Do To Protect Your Financial Future And The Reform We Need.

Trial looms in alleged $3B Ponzi scheme

COURT Until the Bernard Madoff scandal broke, it was a Minnesota businessman who stood accused of orchestrating the largest Ponzi scheme authorities could ever recall.

Tom Petters, 52, who seemed to have a golden touch as he built a small merchandise liquidation company into a diversified empire that owned well-known businesses such as Polaroid, goes on trial this week.

The size of his alleged fraud: $3.65 billion.

Petters' world began to unravel a year ago when his trusted lieutenant, Deanna Coleman, walked into the U.S. attorney's office with what prosecutors called a "staggering" allegation. Coleman said for more than 10 years she had helped Petters run a multibillion-dollar Ponzi scheme.

Petters is charged with 20 counts, including wire fraud, mail fraud and conspiracy, which could imprison him for life.

THE ASSOCIATED PRESS

CRTC report stresses Internet neutrality

The release last week of the Canadian Radio-television and Telecommunications Commission's report on Internet traffic management — known as the net neutrality decision — attracted national attention. Canadians, Internet providers and politicians debated whether the regulator had struck the right balance in addressing how ISPs manage Internet traffic.

With the CRTC framework in place, it now falls to Industry Minister Tony Clement to become more engaged on the issue. Both the Liberals and NDP have expressed support for net neutrality.

THE CANADIAN PRESS

Business in brief

AUTOMOBILES As talks with Ford Canada resume, the Canadian Auto Workers union wants its members to reflect on possible cost concessions in a new deal with the carmaker, even if Ford's U.S. parent turns a profit when it reports third-quarter results this week. The two sides will return to the bargaining table today.

THE CANADIAN PRESS

give the HMV gift card

THE MUSIC THAT INSPIRED THE MOVIE
INCLUDES *The brand new song* ***THIS IS IT*** • *Unreleased rare tracks* • *Exclusive rehearsal photos*
www.michaeljackson.com

Potato exporter woo Algeria
A delegation from P.E.I.'s potato industry is back from Algeria, hopeful about re-establishing exports, CBC News reports. METRO NEWS SERVICES

China **Economy grows 8.9 per cent**

ELIZABETH DALZIEL/THE ASSOCIATED PRESS

A Chinese woman gets her teeth whitened recently at a beauty expo in Beijing. The Chinese economy expanded by 8.9 per cent in the third quarter, leaving urban Chinese with ever more disposable income to spend on beauty and leisure.

Pulp prices hike profit for Canfor

PULP Canfor Pulp Income Fund said its profit rose in the third quarter as pulp prices rose and sales slipped. The Vancouver-based fund reported a profit of $8.5 million or 24 cents per unit for the quarter ended Sept. 30, compared to a profit of $5.2 million of 15 cents per unit for the same time last year.

The Canfor Pulp Limited Partnership, in which the fund has a 49.8 per cent ownership, reported sales of $202 million in the quarter, compared to $215.4 million for the same period last year.

The partnership's net income was $18.3 million compared to net income of $11.1 million for the same quarter last year.

"Pulp markets showed further improvement in the third quarter of 2009 as continued reduction of supply and steady improvement in demand have resulted in further reductions in inventory stocks and subsequent price increases," the company said.

THE CANADIAN PRESS

Alaskans watch Palin's pipeline

State's next economic boom?

Sarah Palin hit the U.S. vice-presidential campaign trail last year and touted what Alaska could provide for the rest of America — a natural gas pipeline to help lead the country to energy independence.

When a pipeline might be built remains a giant question for Alaskans, who need the project to support a vulnerable economy and for the Lower 48 states that need the gas. A petroleum economist who spent more than 25 years in the Alaska Department of Revenue says it may never happen under Palin's plan.

The former governor's proposal used faulty accounting to reach the flawed conclusion that a pipeline owned by a third party would be more profitable than one owned by major gas producers, who must be on board for any project to be successful, wrote Roger Marks, in his paper, Why America May Not See Alaska Natural Gas Soon, published in the Journal of Economic Issues. Palin's alternative discourages their participation and may even stand in the way of a more financially viable project, Marks said.

Sarah Palin

There's more at stake than Palin's legacy. About 90 per cent of Alaska's general fund revenue budget is fuelled by the petroleum industry. High prices have kept coffers filled, but Alaska's golden goose, the trans-Alaska oil pipeline, now operates at less than half its capacity as North Slope production winds down.

Natural gas was found at the same time as oil at Prudhoe Bay in 1967. Proved reserves are 35 trillion cubic feet.

Tapping that gas as a replacement for oil revenue has been a dream of Alaska leaders.

THE ASSOCIATED PRESS

Record NYC real estate deal on the rocks

PROPERTY It was the most expensive real estate deal in U.S. history. Now it's poised to become one of the biggest flops.

At the height of the real estate bubble in 2006, an investment group led by New York City real estate firm Tishman Speyer Properties and BlackRock Realty Advisors paid $5.4 billion for a pair of gigantic Manhattan apartment complexes known as Stuyvesant Town and Peter Cooper Village.

The price seemed outrageous to many, but the company believed it had a winning strategy: It would convert thousands of rent-regulated apartments into luxury units. Tenants fought back and a state court ruled Thursday that about $200 million in the company's new rent increases were improper.

Real estate analysts say the ownership group is now just two to three months away from a likely default on the $3-billion mortgage it used to buy the property.

Foreclosure looms as a strong possibility.

THE ASSOCIATED PRESS

MICHAEL JACKSON'S
THIS IS IT
THE MUSIC THAT INSPIRED THE MOVIE
CD OUT NOW!
www.michaeljackson.com

The PR angle

Wary of the endless debate around global warming? Canadian public relations expert James Hoggan blames spin doctors for all the naysaying. Read the entire account in his book Climate Cover-Up: The Crusade to Deny Global Warming, co-written with journalist Richard Littlemore. Paperback, $22.99. METRO NEWS SERVICES

Going Green

Pencils make point

Earthzone has created a line of environmentally friendly pencils that help you erase the eco-guilt every time lead touches paper. The Canadian company's products are made from 100 per cent post-consumer newspaper.
METRO NEWS SERVICES

EDITOR: KUMAR.SAHA@METRONEWS.CA

They smell like nature

Many perfumers picking up eco-friendly scents

ROMINA MCGUINNESS
Metro World News

The green revolution is pretty much taking over our lives; from the clothes we buy, to the food we eat, to the perfume we wear. A handful of companies are coming up with perfumes devoid of synthetics and chemicals, responding to the increasing need to cut out the contact we have with unnatural substances and toxins. The question is, do we really know which are best?

"The world of perfumes is a world of dreams. The role of a perfumer is to create a smell someone will fall in love with; the industry rotates around the notion of pleasure" explains Olivia Giacobetti, one of the most respectable 'noses' in the perfume industry.

"Biological scents don't last as long on the skin, so I played on the idea."
Perfumer
Olivia Giacobetti

Having created signature scents for the likes of Guerlain, L'Artisan Parfumeur and Diptique, her latest collaboration with Honoré des Pres a 100 per cent biological perfume (one of the few bearing the Eco Cert label) has made everyone follow her scent.

According to Giacobetti, claiming to be eco is simply not enough when it comes to creating a scent. She doesn't believe creating an eco perfume is a concept in itself — what you need is backbone, heaps of creativity.

"Try and imagine the perfume world through the eyes of an architect. A perfume that is 100 per cent biological, it's like building a house without concrete, bricks or steel. The end result will be only a straw house instead of a brick one. I set myself two rules; never attempt to build a brick house from straw, and never attempt to copy a synthetic perfume scent.

"For Honoré des Pres, I had to work towards something new. When I created the 'Nu Green' scent, I pictured it being sprayed with the swiftness of a draft of air or gushing water. Biological scents don't last as long on the skin, so I played on the idea. It's a bit like taking a magnifying glass and creating a raw, though-provoking smell where essentially the raw material is the smell."

This is no cue for you to rush to your cabinet and swap your bottles of Chanel or Guerlain for some herbal concoction of rose petals and lavender.

"That us perfumers believe chemistry and synthetics are dangerous is a huge misconception. A lot of the synthetic molecules used in perfumes are natural ones chemists have 'isolated' and reproduced. Nature has its drawbacks. Take Mandarin and Bergamot, both are 100 per cent natural, yet they can set off terrible allergic reactions."

HONORÉ DES PRES : Casual, chic and delicate... so typically French. Made with the purest extracts of nature. honoredespres.com, from $ 145 US

PATYKA: The EcoCert label gives Patyka top organic credentials. Extracts of amber, vanilla, lavender, cedar and pine create sensual and fabulous smells. patyka.com, from $98 US

RICH HIPPIE: Organic and wild perfume range created by Perfumer Nanette Pallrand. The extracts used to make the perfumes are sourced from organically grown plants from all over the world. rich-hippie.com, from $105 US

Are you a Healthy Person
between 18 and 55 years of age?
If so, we want to hear from you!

Apotex is currently recruiting healthy **men** and **women** to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $800 to $3900 depending on the length of the study

APOTEX
ADVANCING GENERICS

Plastic bottles float the boat

ELISABETH BRAW
Metro World News

There are billions of plastic bottles in the oceans, forming huge islands of floating debris. David de Rothschild, a dashing 30-year-old heir to a British banking fortune, is combating the plastic waste atolls with a novel idea. He's building a boat from used plastic bottles.

"Originally we planned to use trash, but plastic bottles turned out to be the best material", says Jo Royle.

"It's also a way of doing something positive instead of just pointing out that disposable bottles are a dumb use of plastic."

Royle, a 29-year-old ocean racer, will pilot de Rothschild's ship from San Francisco to Sydney later this year. The vessel was christened Plastiki, after Thor Heyerdahl's Kon-Tiki.

At a San Francisco dock, 15 employees of de Rothschild's organization, Adventure Ecology, are currently constructing the Plastiki from 12,000 plastic bottles.

"The challenge is working with a material that has never been used for boats before", says Royle. "The Plastiki is hard to manoeuvre. But it's definitely not a raft; it's a big vessel." So big, in fact, that the crew will grow their own vegetables onboard.

When Josi Heyerdahl, Thor Heyerdahl's granddaughter, learned about the Plastiki, she wrote to de Rothschild, who then invited her aboard the upcoming voyage. The 26-year-old conservation expert will research people's interactions with the ocean.

"Plastic in the ocean is an out-of-sight, out-of-mind issue", she says. "My grandfather inspired people to do things they thought impossible. And changing your lifestyle can be as great an adventure as going on the Plastiki. I hope we'll inspire people to give up disposable bottles."

David de Rothschild is building a boat from used plastic bottles in San Francisco.

HEY TORONTO, FORD HYBRIDS TAKE YOU FURTHER IN THE CITY.

WITH 61 MPG, THE FUSION HYBRID LEAVES THE COMPETITION IN THE DUST.

CANADA'S MOST FUEL-EFFICIENT MIDSIZE SEDAN.‡‡
Based on Hybrid and S models.

The 2010 Fusion +HYBRID

Fuel Consumption	City ‡
2010 Ford Fusion Hybrid	61 mpg - 4.6 L/100km
Toyota Camry Hybrid	50 mpg - 5.7 L/100km
Nissan Altima Hybrid	50 mpg - 5.7 L/100km

Fusion Hybrid 52 mpg-5.4 L/100km (Hwy)

Driving Distance	Tank Size	Distance on One Tank ‡
2010 Ford Fusion Hybrid	63 L	1369 km
Toyota Camry Hybrid	65 L	1140 km
Nissan Altima Hybrid	76 L	1333 km

The Fusion Hybrid takes you further, even with a smaller tank.

Standard Features Include:

- 2.5L Atkinson cycle I-4 Hybrid engine
- Hybrid Powertrain System
- Electronically controlled continuously variable transmission
- 17" 15-spoke aluminium wheels
- SYNC™ media system
- Reverse sensing system

OWN FOR ONLY
$30,999*
Offer excludes freight

The Fusion Hybrid is also eligible for the up to $2000 Ontario Government Rebate for vehicles powered by alternative fuels.††

THE ESCAPE HYBRID: TRUE SUV CAPABILITY AND 49 MPG. MEANS MORE ADVENTURE.

Fuel Consumption	City ‡
2010 Ford Escape Hybrid	49 mpg - 5.8 L/100km
Honda CRV	27 mpg - 10.3 L/100km
Toyota RAV4	30 mpg - 9.4 L/100km
Chevrolet Equinox	31 mpg - 9.2 L/100km

Escape Hybrid 43 mpg-6.5 L/100km (Hwy)

Driving Range	City ‡
2010 Ford Escape Hybrid	983 km
Honda CRV	563 km
Toyota RAV4	638 km
Chevrolet Equinox	773 km

The 2010 Escape +HYBRID

Standard Features Include:

- 2.5L I4 engine Atkinson-cycle engine
- Hybrid Powertrain System
- Electronically controlled continuously variable transmission
- AdvanceTrac® w/ RSC®
- Unique 16" aluminum wheels
- Heated sideview mirrors
- Fog lamps
- 6-way power driver

OWN FOR ONLY
$33,899*
Offer excludes freight

The Escape Hybrid is also eligible for the up to $2000 Ontario Government Rebate for vehicles powered by alternative fuels.††

AND NOW GET

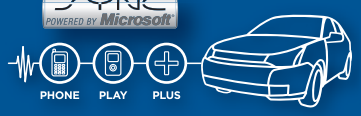
NO EXTRA CHARGE
WINTER SAFETY PACKAGE**

- **NO EXTRA CHARGE** 4 WINTER TIRES
- **NO EXTRA CHARGE** TIRE PRESSURE MONITORING SYSTEM
- **NO EXTRA CHARGE** 4 RIMS

ON ALL 2009 AND 2010 FOCUS, FUSION AND ESCAPE.

FORD SYNC IS READY WHEN THE CELL-PHONE BAN TAKES EFFECT.

SYNC POWERED BY Microsoft



SYNC HANDS-FREE TECHNOLOGY†

- Make or receive phone calls
- Select tracks from your MP3 player
- Access playlists, podcasts or audio books
- Send and receive text messages

All hands-free, to help you keep your eyes on the road , and hands on the steering wheel.

For more information visit syncmyride.ca or your TorontoFord store.

Toronto Ford Dealers Hybrid Headquarters

HURRY INTO YOUR FORD HYBRID HEADQUARTERS TODAY. YOUR TORONTO FORD STORE HAS THE BEST SELECTION OF HYBRIDS IN CANADA. GET YOURS TODAY. VISIT TorontoFordDealers.ca FOR DETAILS.

torontoforddealers.ca

Ford Drive one.

Offers available at participating dealers only. Dealer may sell or lease for less. Factory order may be required. Limited time offers. Offers may be cancelled at any time without notice. See participating Dealer for details. †All fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. Toyota/Nissan/Honda/Chevrolet specifications and fuel economy based on information provided by www.toyota.ca/www.nissan.ca/www.honda.ca/www.gm.ca. ‡‡Based on estimated fuel consumption ratings: Fusion Hybrid 4.6L/100km city and 5.4L/100km hwy or Fusion S, I-4 automatic 8.9L/100km city and 5.8L/100km hwy (excluding hybrid). Midsize class per R.L. Polk & Co. (U.S.)/Intermediate per R. L. Polk Canada, Inc. Limited quantities of Fusion S available in Canada. ‡For more information about the Ontario Government Alternative Fuel / Hybrid Electric Retail Sales tax rebate please refer to www.rev.gov.on.ca/en/guides/rst/702.html. *Purchase a new 2010 Ford Fusion Hybrid/Escape Hybrid for $30,999/$33,899. Taxes payable on full amount of purchase price (after Delivery Allowance of $1,000/$1,000 deducted). Offer excludes freight ($1,350) license, fuel fill charge, insurance, registration, PPSA, administration fees and all applicable taxes. **Receive a winter safety package which includes: four (4) Winter Tires, four (4) steel Rims, and one (1) Tire pressure monitoring system when you purchase, purchase finance or lease any new 2009 or 2010 Ford Focus / Fusion / Escape on or before November 13th, 2009. If a consumer chooses to opt out of the no extra charge winter safety package they will qualify for $300 in additional delivery allowance applied to the purchase, purchase finance or lease price of a new 2009 or 2010 Ford Focus/Fusion/Escape. This offer is not applicable to any Fleet (other than small fleets with an eligible PIN) or Government delivery and not combinable with CPA, GPC, CFP or Daily Rental Allowances. Some conditions apply. See Dealer for details. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory supplied all season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all season tires. Consult your Ford of Canada dealer for details including applicable warranty coverage. †Some features are phone dependent - check www.syncmyride.com for a listing of mobile phones and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Ford recommends that drivers use caution when using mobile phones, even with voice commands. Only use mobile phones and other devices not essential to driving when it is safe to do so. Sync is optional on most new Ford vehicles. Microsoft is a registered trademark of Microsoft Corporation.

A task for Junk Raiders

New Discovery Channel show Junk Raiders has tasked a team of professionals to transform an old factory space into a trendy and fully functioning boutique loft. METRO NEWS SERVICES

Buyers value eco features

Energy efficient homes generating interest: Study

Energy efficiency is becoming increasingly important to new homebuyers, but a lot of builders aren't capitalizing on this "green" interest, according to a new energy efficiency study.

The fourth annual EnerQuality Energy Efficiency/Green Building Survey released last week found that nine out of 10 Ontario homebuyers value energy efficiency when making a new home purchase. And they are willing to pay more for these features, despite the tough economy.

"It's an overwhelming endorsement. Homebuyers recognize that energy efficiency is important when purchasing a home," said Corey McBurney, president of the EnerQuality Corp.

The survey, however, found that less than half of homebuyers had been offered energy-efficient features by their builder.

The survey, done in July and August 2009 by the EnerQuality Corp. (which delivers Energy Star, EnerGuide, R-2000, LEED Canada for Homes and GreenHouse programs in Ontario) was based on responses from 1,638 new homebuyers in the Greater Toronto Area and Ottawa-Carleton. The survey respondents had closed a new lowrise home purchase in 2008.

Not only did buyers value energy efficiency, they were willing to pay more for those features — an average of $13,183. Forty per cent of them were willing to pay $10,000 more for a green home in 2009, compared to 22 per cent in 2008. And 92 per cent of homebuyers intend to choose an energy-efficient home again in the future.

PETER POWER/TORSTAR NEWS SERVICE

NDP MP Olivia Chow has seven solar panels on the Toronto home she shares with husband Jack Layton, the national NDP leader. A recent survey shows that nine out of 10 new homebuyers are willing to pay more for energy efficiency despite the tough economy.

The main driver is saving money — 27 per cent listed that as the main reason why an energy-efficient home is important to them, followed by a healthier indoor environment (19 per cent) and protecting the environment (17 per cent). Energy savings were important to both first-time and repeat buyers.

"I'm happy to see the strong recognition of the value of energy-efficient homes, but home builders aren't as strong in selling this stuff as we'd like. There is a disconnect there," said McBurney.

"The appetite is there. Even in recessionary times, consumers still care about energy efficiency."
EnerQuality Corp's Corey McBurney

McBurney said he felt that energy efficiency "dropped off as a talking point" for most builders when the market took a dive last winter and builders started slashing prices and looking for ways to cut costs.

In the survey, 12 per cent of homebuyers who did not perceive energy efficiency to be important cited "my builder didn't offer it" as their main reason for feeling that way.

"What we found interesting is a jump in what people are willing to spend on energy-efficient features," says McBurney.

"More than 70 per cent would be willing to spend $5,000 or more, with the average cited as $13,000. That's a significant result. The appetite is there. Even in recessionary times, consumers still care about energy efficiency."

TORSTAR NEWS SERVICE

Sending out a rainforest SOS

CELIA PEDROSO
Metro World News

Rainforests play host to a large number of plant and animal species, as well as indigenous tribes.

British rock star Sting sends a frog message through a video on rainforestsos.com.

Sending an SOS to the world is what British rock star and environmentalist Sting has been doing lately. This time not with The Police hit song Message in a Bottle but with a video, part of the Rainforest SOS, a campaign currently being conducted by Prince Charles' Rainforests Project (PRP).

The main goal is to draw attention and support to preserve world's rainforests. To get global awareness, Sting and other celebrities have joined the Prince of Wales' project.

"Climate change and the rapidly increasing destruction of the Earth's ecosystems, which we depend upon for vital materials and services are, to my mind, the greatest challenges facing the world.

"If unchecked, they will dwarf any of our current financial difficulties, resulting in billions of environmental refugees, uncertain production of food and lack of water, the increasing spread of disease and, of course, growing social instability. They will affect the well-being of every man, woman and child on our planet," Prince Charles told Metro.

Sting's support of the campaign coincides with the 30th anniversary of Message in a Bottle.

"Thirty years ago, I wrote Message in a Bottle. Today, I'm supporting The Prince's Rainforests Project to send an SOS to the world. Sending your SOS is easy, and can help create the climate for change."

The campaign expects to get the biggest global SOS before the UN's international climate change meeting in Copenhagen in December.

Next month, it will culminate in a major rainforest event hosted by Prince Charles, that will include key leaders, NGO directors and leading figures from the business community

Recycling iPods
Apple takes back and recycles all iPods at the end of their life, free of charge. For information, visit apple.com/environment/recycling/ipodrecycling. SOURCE: ECOHOLIC HOME

Colin Beavan, wife Micheill Conlin and daughter Isabella reduced their environmental impact to almost zero for a year. Their experiences are now subject of a book and a documentary.

The year of no impact

Family recalls experiences of life without electricity, cars

Colin Beavan sat under the light of a single bulb, freaking out.

Along with his wife and young daughter, he had just spent a year trying to reduce their net environmental impact to almost zero. With a flip of a switch, they had cut their Manhattan apartment off from the electrical grid. They had stopped using anything disposable or buying anything new. In a city of skyscrapers, they had given up elevators. They went everywhere by bicycle, bought food directly from local farmers, had even sworn off toilet paper.

It had been a year of rules, a year in which nearly every aspect of their lives had been shaped by what they were not allowed to do. And now it was over.

Once, Beavan and his wife, Michelle Conlin, had lived lives of take-out dinners and taxi rides, recreational shopping and reality TV. But as his family cut back — and as he learned more about the devastation wrought worldwide by human consumption — he had found relief, and an easier conscience.

Now, as he turned the lights back on, he had to admit that he was once again part of the problem. The new freedom and the old guilt. It felt awful.

Beavan's experiment with the extreme had played out in public; he had blogged about it on his site No Impact Man (which would beget a book under the same name, published last month, and a documentary).

But now, like so many of us who are grappling with a growing awareness of the dangers faced by the planet and the damage our lifestyles cause, Beavan and his family were faced with the challenge of finding their own middle ground.

With their years of excess and their year of simplicity behind them, how would they choose to live?

"The hearth was the TV before No Impact. After we gave away the TV, the hearth became our family table. ... I gave up reality TV for reality."
Michelle Conlin

Even the before the idea for the experiment took shape, Beavan had been railing about the travesty of global warming. But after returning to his apartment from a meeting with his agent only to discover he'd left the air conditioner running, he started to question whether he had any right to complain.

So Beavan arrived at the idea for the experiment, both as environmental activism and as subject for his next book. Conlin, eager to eliminate what she felt were her addictions, suggested that shopping, TV and movies should be among the first things to go.

"The hearth was the TV before No Impact," Conlin says now. "After we gave away the TV, the hearth became our family table. ... I gave up reality TV for reality."

When the year was over, Conlin and Beavan didn't want to set any more rules for themselves. After all the restrictions, they wanted to finally let it all go and see what felt right.

Mostly, they stuck to buying their food at the farmers market. But if they were short on groceries after a late night at work, they would stop at the supermarket — despite the packaging on the food on the shelves, despite the distance it had travelled.

While the amount of garbage they produced increased from just over a litre every four days to 23 litres, this was a far cry from the 409 litres they produced before the experiment. THE ASSOCIATED PRESS

Hollywood eco group celebrates 20 years

Norman Lear and his wife, Lyn, helped create the Environmental Media Association to encourage Hollywood to spread the word about going green.

Now, 20 years later, the group counts the Endangered Species Coalition, the Alaska Rainforest Campaign, the Sierra Club and the World Wildlife Fund among its partners. It has been honoured by the White House and praised by Al Gore — years before An Inconvenient Truth.

The group has met with hundreds of Hollywood writers, directors and producers, helping them incorporate green themes into their films and TV shows and encouraging them to make those productions more environmentally friendly.

"We thought the world didn't need another environmental organization so much as the environmental organizations needed a straight line to writers, producers, directors and media to encourage them to tell stories about environmental problems and model the behaviour,'' Lear said.

"If we can help the populace know as much about climate problems as they know today about Balloon Boy, we will have succeeded,'' the 87-year-old writer-producer said. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO

From left at bottom, producer Norman Lear, his wife Lyn Davis and Lear's grandson Ben Lear, sit with actors Leonardo DiCaprio, top left, and Ben Affleck, top right, chat during the Democratic National Convention in Boston in 2004.

- give water bottles a second life.

123 recycled Nestlé® Pure Life® bottles produce one sweater*

Nestlé® Pure Life® RECYCLERS
Together we can make a difference

*Based on 500 mL Nestlé® Pure Life® bottle weighing 12.2 grams and conversion of NAPCOR reference
©2009 Nestlé Waters Canada

Acta to coach Indians

The Cleveland Indians hired Manny Acta as their manager yesterday. The team said Acta signed a three-year contract with a club option for 2013. Acta was fired by the Washington Nationals in July. THE ASSOCIATED PRESS

Sports

Sampras bests Agassi

Pete Sampras, left, edged Andre Agassi in three sets yesterday as the two retired American tennis greats revisited one of the sport's greatest rivalries. The 3-6, 6-3, 10-8 win in Macau, China, was the first time the two had played since Sampras won the 2002 U.S. Open final for his then-record 14th Grand Slam. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Howard curls to World Cup

Glenn Howard of Coldwater, Ont., won the World Cup of Curling yesterday with a 6-4 victory over Edmonton's Kevin Koe.

With the win, Howard has won the Grand Slam of Curling event for the fourth year in a row. He's beaten Koe in each of the past three finals.

Glenn Howard

Overall, Howard has won five of the past seven Grand Slam of Curling events. His eighth career Grand Slam win moves him into a tie with Wayne Middaugh for second place on the all-time list. Kevin Martin holds the record with 13 wins.

Koe jumped ahead early yesterday, grabbing a steal of two in the first end after Howard's draw attempt to the button came up heavy.

"I kind of put the guys behind the 8-ball (with that one)," said Howard.

"(Third Richard Hart) says, 'Don't worry about it skipper, we're never going to give up.' And that's true. We just kind of hung on and hung on, and got a couple of key misses out of them."

With Howard trailing 3-1 after three ends, the 2007 world champion evened the game with an open draw for two points.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

CHUCK BURTON/THE ASSOCIATED PRESS

Buffalo's Ryan Fitzpatrick, right, attempts to avoid Carolina's Julius Peppers yesterday during the Bills' 20-9 win over the Panthers in Charlotte, N.C.

Buffalo wins despite giving up 425 yards

NFL Jairus Byrd had two more interceptions, Ryan Fitzpatrick didn't make a big mistake in his first start at quarterback and the Bills took advantage of Carolina's miscues to beat the Panthers 20-9 yesterday.

Buffalo won despite being outgained 425-167. Carolina led in first downs 20-9 and held the ball for nearly 35 minutes. But Jake Delhomme was intercepted three times, Kenny Moore fumbled a punt, John Kasay missed two field goal attempts, and the Panthers (2-4) saw their two-game winning streak snapped.

Byrd, a rookie, had two interceptions to set up touchdowns as Buffalo (3-3) won road games in consecutive weeks for the first time since 2004.

THE ASSOCIATED PRESS

Sports in brief

SKIING Didier Cuche of Switzerland and Ted Ligety of the United States finished 1-2 yesterday in the opening men's World Cup race, a giant slalom on the Rettenbach glacier skipped by U.S. star Bode Miller. Jean-Philippe Roy of Rimouski, Que., finished ninth with a two-run time of 2:24.08. Robbie Dixon of North Vancouver, B.C., was 16th in 2:24.65, while Francois Bourque of New Richmond, Que., finished 26th in 2:26.15.

TENNIS Russia's Mikhail Youzhny rallied to beat Janko Tipsarevic of Serbia 6-7 (5), 6-0, 6-4 yesterday to win the Kremlin Cup, while Italian Francesca Schiavone won her second career title, beating Olga Govortsova of Belarus 6-3, 6-0 for the women's crown.

CURLING Scotland's Eve Muirhead cruised by Stefanie Lawton of Saskatoon 9-3 to win the Three Nations Cup women's curling final yesterday. Muirhead scored five in the seventh end to secure the victory in a match where she was rarely tested. Down 2-1 heading into the fourth, Muirhead, Jackie Lockhart, Kelly Wood and Lorna Vevers rallied to score three.

METRO NEWS SERVICES

THE NEW METROPASS

WITH HOLOGRAM AND VALIDATION STICKER*.

NOW MORE SECURE.

Purchase your pass only from TTC Collectors or authorized ticket agents.

Effective July, 2009

www.ttc.ca 416-393-INFO

*Also applicable to Weekly and GTA passes.

Metro Supports Give Girls A Chance! *Educate a Girl. Change the World.*

Find out why, whether it's on native reserves in Canada or in Third World country villages, educating girls is the key not only to economic growth, better health and prosperity but our best bet in the battles against terrorism and AIDS by visiting:

www.givegirlsachance.org

Thanks for your part in making the world a better place by educating girls.

metro

Another Canadian makes PGA Tour

Chris Baryla is the newest Canadian on the PGA Tour. The golfer from Vernon, B.C., finished a strong comeback year yesterday, placing seventh in the Nationwide Tour Championship to finish 19th on the money list and earn his PGA Tour membership in 2010. THE CANADIAN PRESS

Wanted: Winning culture

After missing playoffs again, Toronto FC must close clubhouse divide

It'sCalledFootball

Ben Rycroft

metronews.ca/itscalledfootball

I had written this long, wonderful column on how Toronto FC, in just three short years, had transformed from a ragtag outfit to a real football club.

It waxed philosophical on the implications of bringing Canada's best player (Julian DeGuzman) to the team, what it meant for the club's supporters to lead a movement to bring a grass pitch to BMO field and why this club is doing the right things.

I deleted that column 30 minutes after TFC was embarrassed in a 5-0 loss to the New York Red Bulls — a team that had flirted with Major League Soccer's worst all-time record — on a night when a win would have guaranteed Toronto its first berth in the playoffs.

All those things I had written could still ring true, but frankly, after sobering up from a rough hangover, I am in no mood to find the nuggets of positivity after such a pathetic display.

Instead, it's time to face some harsh realities. Both Sam Cronin and Dwayne DeRosario touched on a major one last night — Toronto needs a culture of winning in the clubhouse.

Neither would point fingers, but it's clear there's a divide between those who want to win and those who want to be paid. Thanks to the wonders of MLS, that divide can be closed in the off-season.

Come 2010, it's believed Toronto will have about $500,000 less in allocation money to work with and, on a salary-capped team, that means dropping or trading players.

I'd start by trading Amado Guevara. As an aging player, with one of the largest salaries on the team and a reputation of mailing it in, his role can be taken over by DeGuzman.

Releasing Chad Barrett would be next. Training only matters if you can produce in game, and every time he throws his hands up after missing another open sitter, I'm left to wonder why he's still surprised?

There are a few others on the bubble, but there is a strong core of talent here — one that will make dropping the dead weight easier.

What won't be easy is finding a coach who can stabilize and inspire this group. An announcement by the team is expected later this week, and at that time it's assumed interim head coach Chris Cummins will be relieved of his duties.

Having gone through three coaches in three years, Toronto needs someone who can elevate the club to the next level. A winning mentality begins and ends there.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

JARED WICKERHAM/GETTY IMAGES

Toronto FC's Brian Edwards reacts Saturday after being scored on during TFC's 5-0 loss to the New York Red Bulls.

Sports in brief

PGA Troy Matteson birdied the second playoff hole to beat Jamie Lovemark and Rickie Fowler in the Frys.com Open yesterday at Grayhawk Golf Club. Bright's Grove, Ont., native Mike Weir had the round of the day, a sizzling 9-under 61 that left him in a tie for sixth with Bryce Molder at 15 under.

NFL A trans-Atlantic trip couldn't slow down Tom Brady and the New England Patriots. Brady threw three touchdown passes and had more than 300 yards as the Patriots (5-2) beat the winless Tampa Bay Buccaneers 35-7 at Wembley Stadium yesterday in the NFL's third regular-season game at the iconic London venue.

METRO NEWS SERVICES

For a recap of last night's Yankees-Angels ALCS game, visit: metronews.ca/sports

BEYOND LASER
from $39
Painless - Safe
FDA Approved
All Skin Types
No Shaving
No Waxing
No Ingrowns
No Tweezing
• Certified Professional
• Personal Evaluation
FREE CONSULTATION by appointment
HAIR LOSS
A NATURAL ALTERNATIVE TO HAIR TRANSPLANTS
• ITCHY SCALP
• THINNING HAIR
• PROFUSE HAIR LOSS
• DANDRUFF
(HMA) HAIR MICRO ANALYSIS
(ETG) TREATMENT
(LLLT) LASER TREATMENT
FOR MEN & WOMEN
96.7% SUCCESS RATE
FDA APPROVED
HAIRMAX
LASER COMB
A&T LASER INC.
DOWNTOWN BAY/BLOOR 416.929.4247
NORTH YORK YONGE/SHEPPARD 416.250.6675
MISSISSAUGA HWY10/DUNDAS 905.896.1074
www.antechhair.com

Centre Honda Your Downtown Honda Dealer
2008 FINAL DRIVE SALES EVENT
Why buy a Honda?
• HIGH RESALE VALUE • LOW COST OF OWNERSHIP • AFFORDABLE
• RELIABLE • FUEL EFFICIENT • ADVANCED SAFETY • FUN TO DRIVE!
Why buy a Honda right now?
UNTIL NOVEMBER 2nd TAKE ADVANTAGE OF ONE-TIME-ONLY HONDA GREAT NEW DEAL SAVINGS!
SAVE UP TO $3,500 on select models
Civic EX-L Coupe model FG1109JN
Accord EX-L model CP268JN
Civic EX-L Sedan model FA1509JNX
FINAL SALE 2008 HONDA DEMOS... ALL PRICED TO SELL! SAVE UP TO $8,000 ON SELECTED 2008 MODELS ONLY 3 LEFT
FINAL DRIVE SAVINGS
'09 Civic Coupe MSRP for Civic DX Coupe $17,190 SAVE $3,000 NOW $14,190
'09 Civic Sedan MSRP for Civic DX Sedan $16,990 SAVE $2,500 NOW $14,490
'09 Accord Sedan MSRP for Accord EX-L $31,200 SAVE $3,000 NOW $28,200
Centre Honda
E-mail: sales@centrehonda.com • Website: www.centrehonda.com
354 RICHMOND ST. E. (East of Sherbourne) LOTS OF PARKING AVAILABLE (416)364-1116
SERVING DOWNTOWN FOR OVER 35 YEARS • SALES • LEASING • SERVICE • PARTS • BODYSHOP
¥ Final Drive Savings offers will vary from model to model. Purchase price of $14,190/ $14,490/ $28,200 is for a new 2009 Civic DX Coupe, model FG1129E/ 2009 Civic DX Sedan, model FA1529BX/ 2009 Accord EX -L, model CP268JN and includes final Drive Savings of $3,000/ $2,500/ $3,000. Final Drive Savings of $3,500 available on new 2009 Civic Hybrid and Accord V6 Sedan models. Offers may not be combined with lease or purchase finance rates offered by Honda Financial Services. $1,395/ $1,395/ $1,550 freight and PDI, license, insurance, registration and taxes are extra. Centre Honda may sell for less. Centre Honda order/trade may be required. Dealer trade may affect price. 2008 Honda Demos are 2008 models with approximately 2,000 km on odometer and are sold "as is". Some savings and not including $1,395/ $1,395/ $1,550 freight and PDI. ¥ Offers valid from October 1st, 2009 through November 2nd, 2009 at Centre Honda. Offers valid only for Ontario residents at Centre Honda. Offers subject to change or cancellation without notice. See Centre Honda for full details. All models may not be available at the time of advertising.

Low high-school completion rate francophone Quebecers, Aboriginal youth
A new report from the C.D. Howe Institute concludes that high-school dropout rates in Canada are, in many cases, high, and are costly to society. The problem is particularly acute among Aboriginal individuals and francophone Quebecers. METRO NEWS SERVICES

Workology

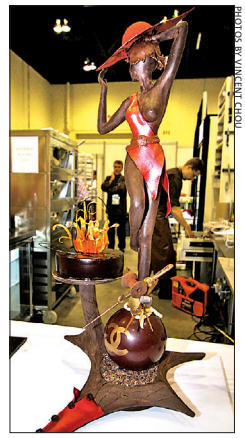
Canada's new masters of PR

The first Master of Public Relations class graduated from Mount Saint Vincent University, in Halifax, yesterday. The program is the only of its kind in the country. "We are extremely proud of the accomplishments of the members of this year's graduating MPR class," says Dr. Amy Thurlow, Chair of the university's public relations department. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Caitlin Mayo's chocolate totem pole showpiece won the people's choice award.

B.C.'s own Caitlin Mayo, right, a confectioner/pastry cook competitor of Team Canada, is seen at the 2009 WorldSkills in Calgary last month.



PHOTOS BY VINCENT CHOU

France's final chocolate showpiece had a fashion theme of a woman with a hat.

Bringing home gold

LINA TOYODA
for Metro Vancouver

Vancouver Community College baking and pastry arts student Caitlin Mayo brought home dessert gold from the 2009 WorldSkills in Calgary last month.

Competing against the world's burgeoning pastry chefs over four days, Mayo, 20, won the people's choice award and the medallion of excellence.

The WorldSkills event promotes industry excellence on an international level with competitions in 45 skill categories in trades and technologies, including web design, robotics, cooking, welding and landscaping.

Her prized chocolate showpiece, which she described as "a modern and abstract take on the totem pole," took the people's choice award in the final presentation, when technical skills and the creativity of the young pastry chefs are culminated.

"I used vibrant colours and it was flashy, which is a very popular style right now," Mayo said. "Instead of faces, I used different shapes stacked on top of each other and it had a Haida-style raven as the main piece. It was a very eye-catching element."

Each country is represented by an expert who acts as a judge for a portion of the competition. Mayo explained that the highest and lowest scores are then thrown out and the final score is averaged.

"The judging is very subjective," she said. "There's even a category called 'finesse.'"

She and her fellow competitors called the scoring system "the figure-skating of the 'Skills' world."

Mayo's passion for the art of pastries shows when she expresses her admiration for her competitors' chocolate showpieces.

"One of my favourites was from Austria," she says. "They did a beautiful peacock. How they put the tail together was amazing, and I liked France's showpiece. It was a fashion theme — a woman with a hat — and it had very clean lines."

Inspired by her mother during her childhood through baking cookies and other sweet things, Mayo said she knew what she wanted to do with her life at the age of 16 when she started her pastry-career training.

Rather than letting it be a disadvantage, Mayo in fact embraces Canada's culture and diversity into her pastry arts.

She says she has more creative freedom in a way, without the established influences and old cultural traditions of pastries in some European countries.

"We're a cultural mosaic. We take the best of everything and make it our own."

Caitlin Mayo won the people's choice award and the medallion of excellence at the 2009 WorldSkills competition.

Kennedy College of Technology

DIPLOMA COURSES
- Community Service Worker
- Business Administration
- Quality Control & Assurance
- Hotel Management
- Graphic Design
- Programmer/Analyst

CONTINUING EDUCATION
- PMP
- CQE
- Six Sigma+Lean
- Canadian Security Course
- SAP(FI / CO, SD / MM / HR / BI / BW)
- Accounting Software
- Microsoft Office
- SAS, Java, Oracle

1200 Eglinton Ave E, Suite 502, North York
416.412.3088 • www.kcollege.com/training

THE GOLD STANDARD...
With more graduates in leading positions, Trebas Institute is the only college with multiple **GRAMMY®** Award winners including this year's "Album of the Year" and "Record of the Year" for recording **Robert Plant** and **Alison Krauss'** "Raising Sand" album. Trebas sets the gold standard for achievement in **Film & Television Production**, **Audio Engineering** and **Entertainment Management** education.

READY FOR THE RED CARPET?
JOIN THE ELITE TEAM AT TREBAS
INSTITUT TREBAS INSTITUTE
Call: 416-966-3066
trebas.com
2340 Dundas Street West, Toronto
COLLEGE TRAINING SINCE 1979
Dundas W.

North American College
Information Technology
(Registered as a private career college under the Private Career Colleges Act, 2005)
Our Graduates say, NAC's optional co-op provides both the **Canadian experience** and **references required for a job.**
Laid off, underemployed, EI active, EI reach back & Non EI–eligible recipients, maternity or parental benefit, SA & ODSP recipients may be eligible for funding for the skills training.
Diploma Programs
(the following diploma programs are approved as vocational programs under the Private Career Colleges Act, 2005)
- Accounting and Finance
- Administrative Assistant
- Business Administration
- Computerized Accounting
- Early Childcare Assistant
- Medical Office Assistant
- Personal Support Worker
- Pharmacy Assistant
- Legal Administrative Assistant
- Software Training for Civil and Mechanical Engineers *
- PLC/Robotics *
- Bank Teller Training *
- MCSE 2003 and CCNA
- Cisco VoIP certification

*These courses do not require approval under The Private Career Colleges Act, 2005, ** NACIT is an independent training provider and is not associated with PEBC and its activities are not sanctioned by PEBC.
Day, Evening & Weekend Classes
Ph: 416-960-6024
730 Yonge St. Suite #207, Toronto
www.nacollege.com

HERZING COLLEGE
Earn a diploma in one year or less and start your career in:
Paralegal
Legal Assistant
Law Clerk
or Police Foundations
Classes Forming NOW!
1-888-NEW-CAREER
1-888-(639-2273)
www.herzing.edu Toronto Eaton Centre Campus

Serve and Protect Your Community
Police Foundations
Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.
To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.
Career opportunities that may be available include: Ontario Police Services, RCMP, Canadian Armed Forces, By-law Enforcement, Private Police, Campus Police, Private Security Agencies, Airport Security, TTC Constables, Border Security, Correctional Services and Security for special events, concerts, sporting events, industrial & commercial, residential, retail, casinos etc.,
For an exciting career in any of these fields call:
1-888-639-2273

Canadian university enrolment up by 38,000 students
According to the Association of Universities and Colleges of Canada, there are an additional 38,000 full-time students enrolled in universities across the country this year compared to last fall. METRO NEWS SERVICES

One thing that certain employers won't be skimping on this year is premium liquor for their parties.

Wobbly economy means smaller holiday parties

With the start of the holiday season weeks away, many small business owners are planning holiday parties for employees and clients despite the still wobbly economy. But the celebrations are expected to be low-key, frugal and, some say, much more fun.

Even owners whose businesses are doing better say they're sticking to simpler events this year.

"We could afford to have a catered event, something fancy, but it's not in our DNA" given the events of the past year, said Ginny Pitcher, president of Kel&Partners, a marketing and public relations firm based in Boston.

"In the past we always have had a holiday celebration and we've always either gone out to a restaurant with workers and spouses or we hosted a party at our house and have it catered," Pitcher said. "Last year, we decided it just wasn't the right thing to do to have a catered affair, so we decided to have a potluck. We found it was the best holiday party we've had to date.

"People were there till the wee hours of morning, talking and getting to know each other better."

Pitcher said the company has been affected by the recession, although "we've managed the last 18 months very well."

Now, she said, "we're seeing things turning a corner and we're very confident about the next 18 months," but that doesn't mean it's back to the days of a big party.

At Olana, a Manhattan restaurant, managing partner Patrick Resk, said small businesses that last year were cancelling parties are booking for this December.

Small businesses "want to have their employees celebrate a very tough year and the economy is coming back and it seems like it's no longer a bad perception to have something for the employees," Resk said.

Two years ago Olana was able to book parties at $130 to $150 a head, but now businesses are only willing to pay $100, and many, looking to save more, are asking for off-peak times that cost $75 a head.

At the same time, some owners don't want employees to think they're skimping. Resk said these owners are splurging on things like super-premium vodkas.

"It's Grey Goose as opposed to Absolut," he said.

THE ASSOCIATED PRESS

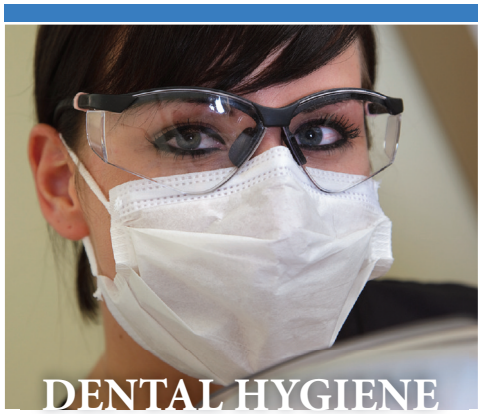
ADVENTURE!
Teach English Overseas
TESOL Certified in 5-Days
In-Class or Online NO DEGREE REQUIRED!
1-888-270-2941
Free Info Seminar Every Mon @ 7pm
Job Guaranteed
#209, 101 Spadina Ave. (Spadina & Adelaide)
globaltesol.com
GLOBAL TESOL CAREERS

GREAT CAREERS
Enrol in any Diploma with $2500 Promo
IT | Finance | Management
Legal | Healthcare | SAP/ERP
Call TODAY, use Promo Code- PM-103
IIBA ORACLE Microsoft
CANADIAN CAREER COLLEGE of Innovative Technology and Management
Toronto Mississauga
Call: 416-646-4744 thecareercollege.ca

PERSONAL SUPPORT WORKER
BE ON THE JOB IN MONTHS
EVENING CLASSES STARTING OCT 26
• CONVENIENT SCHEDULES
• JOB PLACEMENT ASSISTANCE
• FINANCIAL ASSISTANCE (for those who qualify)
REAL PEOPLE REAL TRAINING REAL JOBS
Medix School
North York: 416.630.8021 • Scarborough: 416.701.1201
Brampton: 905.487.1163
www.medixschool.ca

TODAY, KNOWLEDGE IS MONEY!
This FREE EVENT Could Mean the Difference Between Struggling & Prospering Right Now
Some of the world's richest people have gone bankrupt – or nearly so – and then rocketed right back to being wealthy again. Why?
Because they had what's really valuable… what YOU really need right now.
It's FINANCIAL INTELLIGENCE!
There Is Tremendous Opportunity In The Canadian Real Estate Market
The real estate market in Canada today is in much better shape than some areas of the United States. I have strategies and techniques that work in both countries. In fact, I LOVE buying real estate in both types of markets and you should, too – once you know what I know!
I'm sending my Rich Dad's Education trainers to hold a FREE live workshop that shows you how to apply my methods of amassing money in today's economy.
FREE Learn To Be Rich™ Workshop
Based on the Book & Teachings of World Famous Author Robert Kiyosaki
COMING TO THE GREATER TORONTO AREA ON OCTOBER 26, 27, 28 OR 29
CALL NOW OR REGISTER ONLINE 1-800-988-6579
www.richdadeducation.com
Receive a FREE CD-ROM! "RICH DAD'S® BUDGETING YOUR MONEY" An excerpt from Robert's new best seller, Rich Dad's Increase Your Financial IQ
It's YOURS FREE at the workshop!
Robert Kiyosaki does not participate in this event.
RICH DAD EDUCATION
SHARE THE WEALTH! BRING ALONG A FRIEND OR A FAMILY MEMBER!
Results from programs are based on individual effort and other factors. Additional products and services will be offered for sale. The Rich Dad® word mark and logos are owned by CASHFLOW Technologies, Inc. and any use of such marks by Rich Dad Education, Ltd. is under license. © 2009 Rich Dad Education, Ltd. All rights reserved. 09RDE0447 V1 5/09

JOIN
metro life panel
Give us your opinion on various topics and enter for your chance to WIN great monthly prizes.
Become a member today!
metrolifepanel.ca



Real-life clinical experiences complement the academic theoretical portion of RCC's Dental Hygiene program.
Probe into a career that's got bite.
RCC INSTITUTE OF TECHNOLOGY
DIVISION OF YORKVILLE UNIVERSITY, NB
1835 Yonge Street. Toronto. ON. M4S 1X8. At Davisville subway.
Call today 416 929-0121 or visit www.rccit.ca for more info.

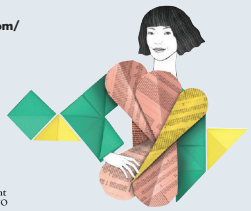
Be Job Ready in months, not years!
Earn your professional Diploma!
Evergreen College
Second Career, EI, SA & ODSP recipients are welcome
Morning, evening & weekend classes
Pharmacy Assistant (Toronto Campus)
Community Service Worker
Medical Office Admin
Early Childcare Assistant
Personal Support Worker
Computer System & Network Specialist A+, MCSE, CCNA
Computerized Accounting & Payroll
Ask us about Bonus Certifications
Field Placement & Job Assistance included
Call Now!
www.evergreencollege.ca
Toronto Downtown Campus 416.365.0505 67 Yonge Street 4th Floor (King & Yonge)
Mississauga Campus 905.566.0507 Unit 201, 1140 Burnhamthorpe Rd. W.

Are you just getting started in your career? Recently made a career change?

Bright Beginnings Program
November 24 – 25, 2009

- Emotional intelligence
- Managing your career
- Influencing and Communication skills
- Personal branding
- Panel discussion
- Action planning

Register today:
www.rotmanexecutive.com/brightbeginnings
or call 416.978.5036



Initiative for Women Business
Rotman
Rotman School of Management UNIVERSITY OF TORONTO

Helping companies see the error of their ways

Odd Jobs

Diane Peters

Metronews.ca/oddjobs

PHOTOS SUBMITTED

Daniel Berkal is a qualitative market researcher who goes into stores and companies to understand as much as possible about consumer behaviour for his clients.

Daniel Berkal has a masters degree. Still, last year, he spent time working the graveyard shift at convenience stores in dangerous neighbourhoods in three United States cities.

He never cashed a single paycheque and wore a hidden video camera the whole time. He was trying to better understand shopping habits at these stores for a major advertising firm.

All in a day's work for this qualitative researcher.

The 31-year-old, who was born in Winnipeg, had early dreams of playing piano for a living. Realizing that probably wouldn't work out, he did a degree in psychology at McGill University, and then looked for a career. "I had a very creative streak, but I also wanted to make some money."

Berkal found a masters program in advertising in Texas and that led to jobs at ad agencies across the United States. Then he met a recruiter who told him he'd perfectly suit research.

Berkal thought that sounded boring. He was wrong — he found himself travelling all over the world and talking to interesting people about why they bought products and how they used them.

Today, with the Toronto company he helped found last year, The Palmerston Group, Berkal continues to travel the world.

He spends 70 per cent of his time on the road and the rest of the time writing reports — often in Toronto coffee shops, which he finds inspiring.

Most of the time, his field work involves running focus groups to find out more about consumer behaviour for his clients, who are mainly advertising agencies and manufacturers. As well, he does home visits to watch people use household gadgets or surf websites.

But sometimes he gets to do research in unconventional ways. "We like to spice it up when a client gives us a challenge."

For instance, The Palmerston Group was once hired to help a Korean TV manufacturer figure out why its products weren't selling in North America.

Berkal took a group of engineers from the company to a suburban U.S. home, had them unpack and install a TV, watch a Super Bowl game while eating chicken wings, then play Rock Band — to see for themselves how their customers used the product.

Watching the engineers wailing away at the mic and seeing their "Aha" moment over the sticky remote control — that was pretty good day's work.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Qualitative market researcher
Salary: $100,000 and up
Education/training: Social science and business background
Best Part of the Job: "Every single day is different. I get to meet the most interesting people from all walks of life."
Worst Part of the Job: "There are high seasons and there are low seasons and you don't always know when they will be."

Career Finder

To advertise contact Josie McKenzie at 416-443-4364

Growth. Innovation. Opportunity.

Grey Power Insurance Brokers, a member of Intact Financial Corporation, is a leading provider of auto and property insurance to individuals 50 or over. Our office, located at **Hwy 404/Finch** is experiencing dynamic growth and, as a result, we have the following opportunities in our inbound sales centre…

Sales Brokers

Do you want to join a team driven by sales and committed to service excellence? Do you enjoy working in an environment of rapid change? Do you have a 'can-do' attitude?

If so, we want you to join our growing team!

What's in it for you?
• full paid training • competitive salary and an attractive rewards and benefits package

To find out more about these and other exciting roles and to apply, please visit us at **www.greypower.com** and quote #SB-07. Alternatively, you can e-mail your resume to **recruitment@greypower.com.**

GREY POWER™
Where Experience Counts.™

www.greypower.com

NEED EXTRA $$$
Avg. $700/wk. + Bonuses
Hiring for F/T or P/T
Customer Relations Consultants
No experience required.
Training available.
Company vehicle provided.
Students welcome.
CALL NOW! 416.250.7827
energy star
D2K502

EARN UP TO $16/HR
• Guaranteed base salary of $11 - $13/hr
• Competitive bonus structure & incentives
• Monthly transportation allowance up to $100
• AM/PM Flexible shifts
Yonge & Sheppard
smt direct
Call TODAY! 416.849.0960

EXCITING NEW CAREER OPPORTUNITES
Now Hiring
No experience necessary!
Avg. $850/wk.
Full training provided
Please call: 416.290.6820

MOTIVATED INDIVIDUAL
Earn $12/hr Guaranteed + bonuses for charitable door-to-door fundraiser. Staff average $23/hr for 3hrs after 5pm.
Cash Paid Daily. Training provided. More opportunities.
Call John 416.243.9690 or email your resume to info@funclips.ca

APPRENTICESHIP
CAREER CONNECTIONS
CAREER FAIR - FREE ADMISSION
LEARN FROM: Knowledgeable, experienced speakers, available to answer your questions throughout the day!
MEET WITH: Local Employers, Unions & Associations, Leading Ontario Colleges, Community Assessment Agencies, Apprenticeship Branch, Ministry of Training Colleges & Universities
WHERE: International Centre • 6900 Airport Road • Mississauga
WHEN: Wednesday, October 28th, 2009 • 10:00 AM - 7:30 PM
www.apprenticeshipcareerconnections.ca

NANNIES NEEDED
• Best Jobs
• Best Salaries
• All Locations
DIAMOND PERSONNEL INC.
416.730.8866
DiamondPersonnel.com

ENVIRONMENTAL COMPANY
Seeks enthusiastic individuals to help people reduce their carbon footprints. No experience necessary.
FULL TRAINING PROVIDED
IMMEDIATE OPENING
416.218.0000

Visit metronews.ca to watch metrotube of the day

Timberlake gets restraining order against woman

Justin Timberlake has been granted a restraining order against an "obsessed and mentally unstable stalker," according to court papers filed Friday. The woman was taken into protective psychiatric custody after trespassing earlier in the week. USMAGAZINE.COM

Entertainment

Pitt unharmed

Brad Pitt is OK after the motorcycle he was driving collided with a paparazzo's car Saturday in Los Angeles. Photo agency X17 reports that Pitt was hit from behind and lost his balance. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Tragedy and triumph

Jennifer Hudson finds happiness a year after murder of three family members

In the year since three members of her family were brutally killed in Chicago, Grammy and Oscar winner Jennifer Hudson has found ways to heal and start a new life.

And it appears the 28-year-old is happy again.

The actress and singer has gushed over her role as a new mother. She has started going out again, including an appearance at a New York gala just days ago. And she's poured herself into her work, from a gospel-tinged rendition of the national anthem at the Super Bowl months after the slayings to a VH1 Divas concert in New York last month.

"Her way of grieving is to put it all into her work and into her new baby," said Ian Drew, senior music editor at Us Weekly magazine. "She's celebrating what she has."

Now she is set to return to Chicago next month to film an ABC prime-time special in which she'll share memories of her childhood Christmases in her old neighbourhood and the church where she started singing.

It will be a bittersweet journey as she films Jennifer Hudson: I'll Be Home for Christmas, which is to air in December.

A year ago, just as her career was really taking off with roles in movies like Sex and the City and The Secret Life of Bees, Hudson had to return home for the worst reason possible.

On Oct. 24, 2008, the bodies of her mother, Darnell Hudson Donerson, 57, and brother, Jason Hudson, 29, were found in the family's home on the city's South Side. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle on the city's West Side. All three had been shot.

Hudson has repeatedly declined to talk about publicly about the killings. She and her publicist declined interview requests from The Associated Press.

"She's heartbroken," said Bob Israel, 40, who was friends with Jason Hudson and lives near the Hudsons' Chicago home. "They were a close-knit family."

William Balfour, the estranged husband of Jennifer Hudson's sister, Julia, was charged with first-degree murder in the killings. Balfour pleaded not guilty and remains jailed.

The following days were tumultuous for Jennifer Hudson, including a trip to the Cook County medical examiner's office to identify King's body.

A picture of the cherub-faced boy, nicknamed "Juice Box," was posted on Hudson's MySpace page after the killings and has remained there.

"I want to thank each and every one of you for your thoughts and prayers during this difficult time," she wrote on her MySpace blog.

After the funeral and a star-studded memorial service, Hudson, who won her an Oscar in 2007 for her supporting role in Dreamgirls, spent the next few months away from the public eye.

> **"Her way of grieving is to put it all into her work and into her new baby."** Ian Drew

By February, she had launched back into work, filming a video for If This Isn't Love, followed by the Super Bowl performance and a Grammy win for best R&B album for her self-titled debut CD.

These days, Jennifer Hudson is focusing on her son, David, named after her fiance Daniel David Otunga.

Hudson recently talked with reporters about her son, saying she's looking forward to seeing "who he becomes, who he takes after, what he decides to do, if he'll sing."

THE ASSOCIATED PRESS

Box office

Paranormal Activity is the No. 1 film at the box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Paranormal Activity:** $22 million US
2. **Saw VI:** $14.8 million
3. **Where the Wild Things Are:** $14.4 million
4. **Law Abiding Citizen:** $12.7 million
5. **Couples Retreat:** $11.1 million
6. **Astro Boy:** $7 million
7. **The Stepfather:** $6.5 million
8. **The Vampire's Assistant:** $6.3 million
9. **Cloudy With a Chance of Meatballs:** $5.6 million
10. **Zombieland:** $4.3 million

THE ASSOCIATED PRESS

Community service for West

Kanye West won't be facing any jail time for his scuffle with a photographer at a Los Angeles airport last year. A judge ruled the charges will be dismissed if West and his manager complete 50 hours of community service, according to the New York Daily News. METRO NEWS SERVICES

Entertainment in brief

AWARD Bill Cosby, who has long drawn laughs, will receive the United State's foremost humour prize, the Mark Twain Prize for American Humor, tonight at the Kennedy Center in Washington.

THE ASSOCIATED PRESS

YOU COULD WIN BOX SEATS FOR YOU AND 3 FRIENDS TO SEE THE LEAFS ON NOV. 10

OR PASSES TO THE ADVANCE SCREENING OF *THE BOX*

IN THEATRES NOVEMBER 6

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes October 28, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro

Tara-Jean crowned dancing queen

Alta. native wins SYTYCD Canada's second season

Tara-Jean Popowich of Lethbridge, Alta., has won the second season of So You Think You Can Dance Canada.

The 20-year-old earned the most viewer votes to nab the $100,000 grand prize and a new car in Sunday night's finale on CTV.

Popowich specializes in contemporary dance and was touted as one of the frontrunners going into the finale.

Judges said she had "star quality" but was also humble and could touch people's emotions with her moves.

The announcement of the winner was accompanied by some sombre news as host Leah Miller revealed that guest choreographer Mia Michaels was in a Toronto hospital with a "serious back injury."

Miller says that is why she wasn't at the finale to watch the top 10 contestants perform the routine she had created.

Miller said that Michaels injured herself while choreographing the routine.

Three other finalists made it to the finale: Everett Smith of Glen Morris, Ont., Jayme Rae Dailey of Montreal, and Vincent Desjardins from Trois-Rivieres, Que.

The Top 10 contestants from this season will go on an 18-city Canadian tour beginning Nov. 25 in Kelowna, B.C.

Nico Archambault of Montreal won the first season of the show, which is hosted by Miller.

THE CANADIAN PRESS

Tara-Jean Popowich, 20, a dancer from Lethbridge, Alta., was declared the victor of the second series of So You Think You Can Dance Canada.

Auditions

So You Think You Can Dance Canada's Season 3 audition tour kicks off next month, with planned stops in five cities:

- Toronto on Nov. 14,
- Montreal during the weekend of Nov. 28,
- Vancouver on Dec. 5,
- Calgary, on a date yet to be determined, and
- A still-unnamed East Coast city.

Mix of Six

Metro taps into today's best entertainment and event picks

GHOSTS Ghost trackers Michelle Desrochers and Patrick Cross talk about haunted occurances at Casa Loma. Through Thursday, 7 p.m. $25, child $15. 416-923-1171, casaloma.org.

THEATRE The 4x4 festival, a celebration of Canadian women directors takes place at venues around the city through Nov. 22, nightwoodtheatre.net.

FESTIVAL The International Festival Of Authors, featuring readings, interviews and discussions with Canadian and international authors, continues at the Harbourfont, 235 Queens Quay W., readings.org.

MUSIC David Gray performs at Massey Hall, 178 Victoria St., with Lisa Hannigan. 8 p.m., $54.50-$64.50, masseyhall.com.

GALA The Glenn Gould Prize Gala takes place at the Four Seasons Centre for the Performing Arts at 8 p.m., glenngould.ca

COMEDY Second City presents Panic! Everybody's Doing It, a show about finding perspective in times of world crisis. 51 Mercer St., secondcity.com.

ADVERTISING FEATURE

Weighing in on Obesity with Dr. Patrick Yau

Dr. Patrick Yau
MD, FRCSC
General & Bariatric Surgeon
Slimband® Centre

Obesity has become a worldwide epidemic with an estimated 1 billion adults being considered overweight or obese. Canada's most recent health statistics mirror that of other developed nations with 25% of adults found to be obese. This has been defined by the World Health Organization (WHO) as anyone who has a body mass index (BMI) of 30 or above. It is affecting men, women and, more alarmingly, children and is a known risk factor for other medical conditions including heart attacks, high blood pressure and type 2 diabetes.

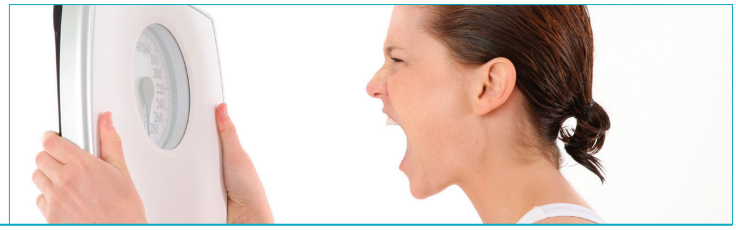
The basic cause for this problem is calorie intake being greater than output. We simply eat too much and do not burn off enough calories. Of course there is much more to this than a simple equation. Researchers have pointed to genetic factors, environmental toxins, and even bacterial or viral infections as potential causes of this epidemic.

While the continually re-invented fad diets are an option for weight loss, they help patients lose weight for a short time, but don't substantially change anything long-term. Scientific studies that have calculated the success-rate of such diets have repeatedly found less than a 5% chance of permanent success. Not only do diets not work; they can also prove to be dangerous, as many are so restrictive they create serious nutritional and vitamin deficiencies. Most lead to the phenomenon known as "Yo-Yo" dieting; where people lose some weight but end up gaining it all back and more afterwards.

Pharmaceutical companies have also joined in, with medications designed to decrease appetites or increase metabolism. Most studies have shown these too have very little benefits with short term results and the possibility of some serious side effects. The majority of medical professionals agree that obesity needs a long term solution.

Traditionally, surgery has been seen as a last resort although this perception is now changing with the increased long-term success rates being produced. Laparoscopic adjustable gastric banding is a minimally invasive 30 minute, same-day surgery where a band is placed around the top most part of the stomach. Unlike the more invasive gastric bypass surgery, this procedure is a safer option that does not alter the anatomy and creates a tailored restriction level. Because the risks for this procedure are minimal the exclusion criteria are also less. This operation makes patients feel full faster leading to long-term lifestyle changes and weight-loss success. With the proper follow-up program, studies have shown success rates of over 65 %.

Successful treatment of obesity is to address its many aspects. It requires a lifestyle change and a re-education of nutrition, physical activity and the emotional and psychological triggers that lead to harmful behaviors. With the added assistance and its support programs to achieve a proper balance of all of these factors, the problem of obesity can be permanently dealt with.



My Success Story

"My weight was out of control. I was borderline for type 2 diabetes, and I was compromising my health. Slimband gave me the tools I needed to take control. I have lost over 140 pounds, and my risk of type 2 diabetes has disappeared. This is the best thing I could ever have done for myself. Slimband saved my life!"

John C., actual Slimband patient

Call 416.482.2033 for more info about this proven weight loss solution or visit Slimband.com

Slimband is different; it is a proven approach to weight loss that really works. Your Slimband helps you feel full faster, so you eat less but still feel satisfied. As the weight drops off, our counseling and support programs give you the knowledge and the strength to keep the weight off, to change your life, and change it forever.

MySlimband® reveal the real you

Retrial for purse-snatcher
Kirsten Dunst's purse theft trial is heading back to court after a jury failed to convict the man accused of snatching her belongings. The accused allegedly stole the actress' bag in 2007. A retrial has been set for Dec. 3. FEMALEFIRST.CO.UK

Caught between two worlds

Amreeka follows a Palestinian mother and son in rural Illinois

STEVE GOW
for Metro Canada

Cherien Dabis grew up caught between two worlds. Brought up in a rugged, rural Ohio town, the critically-acclaimed Palestinian filmmaker always struggled to find her identity.

"I think that my identity crisis is part of what drove me to become a filmmaker," said Dabis during a recent interview in Toronto. "I wasn't American enough for the Americans and I wasn't Arab enough for the Arabs — so that left me feeling as an outsider which gave me an interesting perspective."

That unique viewpoint has also furnished the fiction for her first award-winning feature film, Amreeka. Set in rural Illinois, the drama chronicles Muna, an earnest immigrant mother and her son struggling to survive in the landscape of America.

Amreeka opens in theatres on Friday

Melkar Muallem plays a Palestinian teenager in Amreeka.

For Dabis, it was especially important to play down politics in lieu of a more human story.

"It's something I felt the need to escape," explained Dabis about constantly being saddled in the mire of international politics herself. "Growing up, the first question when people found out I was Palestinian was 'what do you think of what's going on over there?'

"It still happens so I think that was, in part, the reason I felt the need to make a movie that stripped Palestinians of the politics and saw them as humans beings — through this humanist perspective."

As such, well-intentioned Muna doesn't deal in her people's struggle as much as she battles with high school hi-jinks and the only job she can wrangle in spite of her university education — flipping burgers at White Castle.

"My interest lies in that fine line between comedy and drama, between the humor and the pathos," said Dabis. "I like the type of comedy that comes out of the reality of people's lives, that comes out of the vulnerability of characters. That's really the kind of humor I gravitate towards and in that humor is so much pain. That's really the sweet spot for me."

People seem to be in agreement. With tons of praise and a prize at this year's Cannes Film Festival, Amreeka is a bona fide hit. So one wonders, with success has the struggling filmmaker finally found herself? "There are definitely moments where I'm comfortable in my own skin," reflected Dabis with a momentary pause. "You know, everyone has a bad day."

Entertainment in brief

MUSIC Composer Andrew Lloyd Webber has been diagnosed with prostate cancer. A statement said "the condition is in its very early stages," and that Lloyd Webber expects to be "fully" back at work before year's end. THE ASSOCIATED PRESS

THE OTHER BUNNY IS JUST LIKE THE EASTER BUNNY, EXCEPT HE WORKS 364 TIMES HARDER.

THE OTHER BUNNY
DELIVERS Cadbury Mini Eggs* THE OTHER 364 DAYS.

Now available year round.

*Trademark of Cadbury UK Limited, used under license

CASTING FOR A
$ W NETWORK TV SERIES $

The co-creators of **Holmes on Homes** and **Save Us From Our House** have an exciting new financial series that will tackle your spending and help you save for your future. We are looking for big spenders who want to trim the excess while having some fun along the way.

Financial Expert and winner of the **W Expert Challenge** Preet Banerjee will give you a financial plan and the opportunity to make some **CASH!**

Please send your story to:
casting@generalpurposepictuers.com

General Purpose PICTURES INC.

Live the Fear!
SCREEMERS
Canada's #1 Indoor Scream Park
416-979-FEAR
Exhibition Place
Hot & Fresh pizza pizza
screemers.ca

A colourful couture close

Bright hues and charitable endeavours end Fashion Week

Disparate influences from graffiti and street art to the Big Top and dessert were showcased among the new looks for spring/summer 2010 as runway shows wrapped up on the fifth and final day of presentations at Toronto's LG Fashion Week.

Though the week was largely devoted to building buzz and hopefully sales for emerging and established designers, charity was the name of the game for the closing night show, which was devoted to raising awareness and future dollars for individuals in need.

Dare to Wear Love

Fashion and philanthropy converged on the catwalk with an all-star roster of Canadian designers lending their talents to craft one-of-a-kind creations in support of those in need a world away.

The event was in support of the Stephen Lewis Foundation, which delivers funds to grassroots community-based project working to fight AIDS in Africa.

Each designer was given six yards of fabric with which to turn their vision into creation.

The result was a stunning collection of vibrant colourful prints married with beads, bows and ruffles that spanned the style spectrum from flirty cocktail creations to floor-skimming showstoppers.

Notable Canadian talents also braved the runway in teetering heels and larger-than-life designs, bringing a playful attitude and spirit to their catwalk that pumped up the crowd.

Singer Jully Black strutted her stuff before the cameras, even doing a little booty-shaking in a slick racerback dress.

Jessica Biffi

Day-Glo graffiti, street art, and technology were the inspirations for the edgy streetwear-inspired separates from the Project Runway Canada runner-up, with their ample supply of blindingly bright hues from fluorescent greens and pinks alongside heavy dollops of gold.

Hemlines headed skyward, with peek-a-boo short-shorts and shortall jumpers baring plenty of leg for those not shy about showing a little skin.

Soft jersey numbers dialled down the fiery hues with Biffi bringing a more delicate touch to cowl hoodies and asymmetrical jumpers in powder pink and creamy peach.

Pat McDonagh

From ice cream scoops served to stylewatchers to the colourfully opulent cakes on the catwalk, it was pretty evident before McDonagh's designs hit the runway that even more colourful confections would be in store.

The designer took the dessert theme to the hilt, with colour stories documented as flavours, and the incorporation of all things ice cream into the design. Cone shaped-pockets on a chocolate-hued dress, print on lapel, and even a bathing suit and bottom pairing designed to look like a vanilla scoop. THE CANADIAN PRESS

Other highlights

- Day 5 of LG Fashion Week also featured collections from Frame, Lucian Matis, Ula Zukowska, and Canadian designs featured at Gotstyle, a Toronto menswear retailer.

FRANK GUNN/THE CANADIAN PRESS

Models pose on the runway during the Jessica Biffi show, part of LG Fashion Week in Toronto last Friday.

INVITE HER HOME.
(JUST DON'T LET HER GET TOO COMFORTABLE.)

ORPHAN IS AVAILABLE TOMORROW ON CHANNEL 100 – THE SAME DAY AS THE DVD RELEASE.
There's no need to race to the video store tomorrow. Stay in and order *Orphan* On Demand from the comfort of your home. It's available at the touch of a button, and there's no DVD to return. Or, make it a spooky double bill, with *Trick 'r Treat*.

AVAILABLE TOMORROW – CHANNEL 100

ROGERS ON DEMAND | CHANNEL 100
The Way TV Should Be™

ROGERS™

™Trademarks of or used under license from Rogers Communications Inc. or an affiliate.
Orphan © 2009 Warner Bros. Entertainment Inc. All Rights Reserved. © 2009 Rogers Cable Communications Inc.

free† movie !

. 7:30 pm .

340 available. this

ad get in.

This ad is valid for two (2) admission tickets to the 7:30 PM showing of the Dairy Milk chocolate selected feature film on Monday, October 26th at the Scotia Bank Theatre in Toronto, (located at 259 Richmond Street West) only. This ad has no cash value and is valid for one time use only. No substitutions allowed. It is important to note that this ticket will not guarantee you a seat at the event. Seats are available on a first come, first serve basis only. There are a limited number of seats available, so arrive early. Restrictions apply. *Trademark of Cadbury UK Limited, used under license.*

Good Voices Wanted For TV and RADIO

TRYOUTS BY PHONE for men and women with Radio/TV potential are on at Canada's NIB Broadcast Training Centre.

"We offer special Studio Courses full time or part time for people with good voices, all ages," says Mary Adams, "For News, Sports and Commercials, as Talk Hosts, Entertainment Reporters, DJs and Celebrity Interviewers."
Places are limited. To try your voice -

"Just Phone, Listen, Talk!" (416) 922-5988

NEED A CAR?
CreditMechanics.ca
A DIVISION OF BOYER PONTIAC
WE FIX ALL KINDS OF CREDIT SITUATIONS
• RATES STARTING AT 0% • PACKAGED LOW PAYMENTS: - AUTOMOTIVE + INSURANCE + OUTSTANDING FINES
IS YOUR CREDIT BROKEN OR JUST IN NEED OF A TUNE UP?
100% GUARANTEED APPROVAL
CONTACT ARRON MALIK
Senior Credit Analyst
1.800.698.1286

All Makes All Models
www.creditmechanics.ca
Down payment may be required.

Morrisey recovering after onstage collapse

MUSIC Former Smiths frontman Morrissey was hospitalized in stable condition yesterday after collapsing during a concert, a hospital spokeswoman said.

The singer was recovering in the English city of Swindon after collapsing on Saturday night.

Passchendaele and Flashpoint honoured

AWARDS The slick CTV series Flashpoint and last year's epic war film Passchendaele were the big winners at the Directors Guild of Canada Awards. Flashpoint earned three awards including best TV drama. THE ASSOCIATED PRESS

Kenya's**Style**

Kenya Hunt

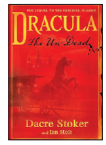
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

Dracula: Not quite dead yet

Dracula the **Un-Dead**

Author: Dacre Stoker, Ian Holt
Publisher: Viking Canada
Price: $34 (Hardcover)



More than 100 years ago, Bram Stoker published the gothic-horror classic Dracula. But that wasn't the count's last hurrah: Now, he's resurfaced Dracula the Un-Dead, a sequel by Stoker's Montreal-born great-grandnephew Dacre and Dracula historian Ian Holt. The thrilling tale picks up 25 years after the original in London, centering on the son of Jonathan and Mina Harker, Quincey. Upon seeing a Dracula stage play, young Harker understands the horror his parents experienced when they helped slay the count. But his introduction to darkness is just beginning, as those who brought Dracula to his end are hunted down, raising suspicions about what happened when the vampire "crumbled into dust."

Frostbite

Author: David Wellington
Publisher: Three Rivers Press
Price: $17.99 (Paperback)

A job in the Northwest Territories turns into a life-changing nightmare for Cheyenne Clark in David Wellington's Frostbite. Chey fears a wolf is about when she hears a howl in the night air. Her alarm becomes reality when the wolf attacks, biting her before she can get away. A stranger she meets brings Chey to the cabin of his friend Montgomery Powell, who bears striking likeness to the wolf. Before long, Chey becomes caught in a struggle with Powell, when she learns that she too has become a werewolf and must decide whether to stay embrace her new identity or reintegrate into her old life.

BookPicks

Thirst **No. 1**

Author: Christopher Pike
Publisher: Simon Pulse
Price: $12.99 (Paperback)

In the mid-1990s, young-adult fiction author Christopher Pike released The Last Vampire, a popular six-part series focusing on Sita, a 5,000-year-old vampire. Thirst No. 1 features the first three books in the series (The Last Vampire, Black Blood and Red Dice), with the second half set for release in 2010. Today, Sita (a teenager in appearance) has adopted the name Alisa. When the man who turned her into a vampire pursues her, Alisa protects herself by killing others. When she discovers and falls in love with Ray, the person key to her survival, Alisa must reconcile the mortal and immortal worlds to save Ray and herself. — BRIAN COULTON/ FOR METRO CANADA

to	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/26/09	265	353	2	TVO	Victorian Farm (N)		The Agenda With Steve Paikin		Midsomer Murders		Milosevic on Trial		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House		Lie to Me (HDTV) (N)		Heroes (HDTV) (N)		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Battle-Blades	Little Mosque	Just for Laughs (N)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		How I Met	Accidentally	Trauma "Masquerade"		The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	Dancing With the Stars (HDTV) (Live)				(10:02) CSI: Miami		CTV News
	218	345	11	CHCH	*Moonstruck* ★★★ (1987, Romance-Comedy) Cher.				*Halloween H2O: 20 Years Later* ★★ (1998, Horror)				News at 11 (N)
	137	763	13	TFO	Panorama		Opération lune		*Nelly et monsieur Arnaud* ★★★ (1996, Drame)				Bibliotheca
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Can't Stop
	213	326	15	SUN	The Insider (N)	George Lopez	*Presumed Dead* (2005, Suspense) Sherilyn Fenn.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Hollywood	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	Heroes (HDTV) (N)		Trauma "Masquerade"		The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (HDTV) (Live)				(10:02) Castle (N)		News
	219	346	20	ACH-B	Gossip Girl (HDTV) (N)		So You Think You Can Dance		Two/Half Men	Big Bang Th	(10:02) Castle (N)		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	So You Think You Can Dance		Lie to Me (HDTV) (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Time Goes By	Antiques Roadshow		American Experience: 1929		Herbert Hoover: Landslide (N)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	One Tree Hill (HDTV) (N)		Gossip Girl (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	One Tree Hill
news	502	390	26	NW	To Be Announced		To Be Announced		CBC News: The National		Obama's War (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Biography on CNBC		The NEW Age of Wal-Mart		The Entrepreneurs		Mad Money
sports	405	417	22	net	UEFA Champ.	UFC: Access	The Ultimate Fighter		Air Racing		Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	Monday Night Countdown		NFL Football Philadelphia Eagles at Washington Redskins. (HDTV) (Live)					
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pass Time	NASCAR Hub	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy (N)
family	551	542	25	YTV	*Flintst.-Rock.*	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	The Next Star		Adrenaline Proj
	554	544	45	TEL	*Scooby Doo!*	*Scooby-Doo and the Loch Ness Monster*			Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Love It or List It (N)		House-Sell	Divine Design	Love It-List It
cable variety	570	580	29	MM	One Tree Hill		Degrassi: TNG	Degrassi: TNG	So You Think You Can Dance Canada Top 4.				One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		Intervention (HDTV)		Intervention "Cristy"		Extreme Paranormal (N)		Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Questa è la Mia Terra Vent'Anni Dopo				George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	Brooke Knows	Brooke Knows	The Daily Fix
	575	583	38	CMT	(6) Karaoke Star "Finale"		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	616	521	39	SHO	The Outer Limits		*Time and Again* (2007, Drama) Brooke Burns.				Bones (HDTV)		NCIS
	620	523	40	BVO	Raising the Bar		Celia Franca: A Tour de Force		Monty Python: Almost the Truth (The Lawyer's Cut) (N)				Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Last 10	Last 10	Re-Vamped (HDTV)		Plastic-Perfect	Plastic-Perfect	ET Canada
	522	506	43	HIS	Exploring Hitler's Munich		Patton 360		Battles BC		Generation Kill (Part 2 of 7)		
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Steven Wright: Leaves		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	My First Place	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Blade: Trinity* ★★ (2004, Horror)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Boyz N the Hood* ★★★ (1991, Drama) Larry Fishburne.				Pay It Off (HDTV)		Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Scream 3* ★★★ (2000, Horror) David Arquette, Neve Campbell. (DVS)				
	581	566	52	MTV	Over the Bolts	Peak Season	Gone Too Far "Gina"		The Hills	Peak Season	Peak Season	Peak Season	MTV Live
	618	524	54	TROP	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy	Raymond	Raymond
	603	561	56	FOOD	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef: Las Vegas		At the Table	At the Table	Restaurant
	261	394	60	V	Murder, She Wrote		Green Grass	Summer Wine	McLeod's Daughters		Unscripted (N)	Archaeologist	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby
	115	711	101	TVA	La Classe de 5e (HDTV) (SC)		Yamaska (HDTV) (N) (SC)		Lance et compte		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy "Consent"		Missing "Victoria"		The Closer "Next of Kin"		Da Vinci's Inquest		Mediums
	300	601	301	M1	(6:10) *Ring of Deceit*		Sanctuary "Revelations"		Dexter "Dirty Harry"		Californication	U.S. of Tara	Lock 'n Load
	305	612	306	PIX	*Under Suspicion* ★★ (2000, Suspense) Morgan Freeman.				*The Lost Boys* ★★★ (1987, Horror)			(10:40) *Friday the 13th*	

critics'corner

Canada's Worst Driver

A sort of "Canadian Idol" of the highway — in reverse — this series, starting a new season tonight, showcases some of the most atrocious motorists in the land, winnowing down the field to find the worst of the worst. Contenders include a 25-year-old punk rocker and a 40-something woman. Andrew Younghusband hosts. 10 PM on DIS

How I Met Your Mother

Call this one "How They Met Barney's Mother." When Barney mysteriously takes leave of Ted and the gang, they suspect he has a secret girlfriend. They follow him and discover that he is, indeed, meeting a woman, but it's not a romantic interest in "The Stinsons." 8 PM on CBS CITY

CSI: Miami

Fans will remember that Dr. Alexx Woods, the team's medical examiner, quit when a murder case hit a bit too close to home. She returns to help the CSIs when a killer jeopardizes the lives of Calleigh and Ryan in "Smoke Gets in Your CSIs." 10 PM on CBS: 10:02 PM on CTV

You've spotted the goat!
Visit metronews.ca and tell us the page you found this on!

Metro Supports Give Girls A Chance!
Educate a Girl. Change the World.

Find out why, whether it's on native reserves in Canada or in Third World country villages, educating girls is the key not only to economic growth, better health and prosperity but our best bet in the battles against terrorism and AIDS by visiting: www.givegirlsachance.org
Thanks for your part in making the world a better place by educating girls.
metro

The neighbour from hell

Simon Cowell has been dubbed "the neighbor from hell" by residents living near his $23 million US dream home in Beverly Hills, which has been under construction for quite some time, according to the Daily Mail. METRO WORLD NEWS

Celebrity Buzz

New kid-friendly beau

MUST LOVE CHILDREN When Britney Spears' two sons, Sean and Jayden, were looking for a pal to splash around with poolside during a recent trip with their mom to Mexico, they knew who to call on: Her new beau, Jason Trawick, people.com reports.

"Jason was great with the kids and you can tell Britney really trusts him," an eyewitness to the group's three-night getaway at the Tides Zihuatanejo resort in Mexico earlier this month, tells Us. "He would pick up Jayden if he wanted to be held, immediately calming the boy down."

And it is Trawick's calming influence over her sons that puts mom Spears — whose two-year marriage to Kevin Federline ended in 2006 — at peace.

"He is absolutely fantastic with the boys," a Trawick pal enthuses. "When you see him with them, you wouldn't think for a moment that he wasn't their dad. He treats the kids like they are his own."

METRO NEWS SERVICES

An impressive co-star

GETTING INTO CHARACTER Kristen Stewart is "astounded" by Taylor Lautner's new muscular physique, female-first.co.uk reports.

The Twilight Saga: New Moon actress is impressed with the way her hunky co-star has improved as an actor and bulked up for the upcoming installation of the vampire thriller franchise.

She told Total Film magazine: "The cool thing is that it's not just physical. You can read it all over him, just in his entire attitude. The difference between the kid that did Twilight and this guy now is pretty astounding."

The couple first worked together when they filmed last year's hit romantic fantasy film and have spent the past few months shooting love scenes for the sequel — which focuses around the relationship between his werewolf character Jacob and her alter-ego high school student Bella.

Taylor, 17, admits it was a struggle for him to get in shape for the highly-anticipated follow-up. He said: "When I was filming Twilight, I knew that Jacob's character changed a lot so if I wanted to continue portraying him correctly, I had a lot of work ahead."

METRO NEWS SERVICES

Celebrity tweets

Jonathan Ross keeps fans updated on Morrissey after the singer's onstage collapse, Nicole Richie doesn't like what Los Angeles is doing to her, and Katy Perry is looking out for her former teen idols.

- @wossy Latest Moz update. He is resting and hoping to finish these dates, inc. Albert hall on Tuesday. Will keep you posted as and when.
- @nicolerichie Just had a brief encounter with a woman who was so nice, I thought she was joking & I got mad. I think its time for me to move.
- @katyperry where in the world is Jonathan Taylor Thomas? I loved you JTT.

Hilton valuables recovered

CRIME DOESN'T PAY Paris Hilton, who was burglarized last year of an estimated $2 million US in jewelry, has gotten most of her valuables returned by the LAPD, her rep confirms to people.com

"Paris went to the police station last night to retrieve her stolen belongings," her publicist Dawn Miller tells People. "She didn't get everything but fortunately most of her jewelry was returned. She is really pleased and thankful to the LAPD for their help."

Hilton, 28, is one of a string of celebrity victims of an alleged burglary gang comprised of mostly teenagers. Suspect Rachel J. Lee, 19, who detectives believe is the ringleader, was arrested in Las Vegas Thursday, and remains in custody. Lee had an apparent fascination with celebrity fashion, a source close to the case tells People.

METRO NEWS SERVICE

Cooper puts on the brakes

COMMITMENT PHOEBE Bradley Cooper has reportedly put the brakes on his fledgling romance with Renee Zellweger, according to the Daily Mail.

While sources say the pair had been getting cozy since the summer, with Zellweger visiting Cooper in Vancouver last week, the Hangover star doesn't want to give up the bachelor life just yet.

"Bradley is enjoying his status as a hot successful star and doesn't want to settle," a source tells the newspaper.

METRO WORLD NEWS

New album, new love life for Mayer

MOVING ON John Mayer has a new gal pal to go with his new album, according to Hollyscoop.

The singer was spotted sharing a romantic evening at the Chateau Marmont with Parks and Recreation actress Rashida Jones.

And Mayer knows how to impress a lady, as sources say he "took a guitar from someone who was performing at the Chateau and put on an impromptu performance for Rashid."

METRO WORLD NEWS

Lohan's job hunt

UNEMPLOYMENT Lindsay Lohan isn't having the easiest time finding work. Though she's been prepping for her second album for the last year and a half, she was recently dropped by Casablanca Records, according to Fox News.

METRO WORLD NEWS

Theron ups the charity ante

MOVIE STAR SMOOCH At a celebrity auction in San Francisco last week, Charlize Theron was upset that Jeremy Piven's offer of a walk-on role on Entourage was commanding higher bids than her trip to see the World Cup in South Africa, so she decided to sweeten the deal by offering to lock lips with the winner, according to Page Six, offering seven seconds of necking if the winner was a man and 20 seconds for a woman.

The happy winner, bidding $140,000 US, was female, and Theron stuck to her word.

METRO WORLD NEWS

Love leaves L.A. for New York

CHANGE OF SCENERY Courtney Love is giving up on Los Angeles and moving back to New York because some of her employees tried to cart her off to the loony bin, she tells Rush and Molloy.

"A flood of guys, at least 10, came to my house. They said there was an ambulance outside, even though we never saw one," Love recounts. "I tried to be charming. But one of the guys points a gun at me. My daughter, Frances, ran and hid under the house."

The singer is now living in Manhattan and working on a new album.

METRO WORLD NEWS

5th Annual the babytime show
prenatal to preschool
The ultimate event dedicated to pregnancy, birth, baby and toddler
Presented by: Walmart TORONTO STAR thestar.com
www.babytimeshows.ca
Oct.30.31 Nov.1 2009
Metro Toronto Convention Centre North Building
Shopping and a great day out...
• SHOP! TRY & BUY from over 200 Manufacturers, Retailers and Artisans.
• TALK TO THE EXPERTS behind your favourite brands and take advantage of great show specials.
• REGISTER on site for all your baby needs with Sears.
• LEARN from Top Pregnancy and Parenting Experts.
• MEET AND GREET all of your favourite characters.
JOIN US for the Ultimate Baby & Toddler Halloween Party!
Sears Baby Registry
Quinny Safety air protect Generation Huggies medela parentcentral.ca Let's Grow! thyme maternity

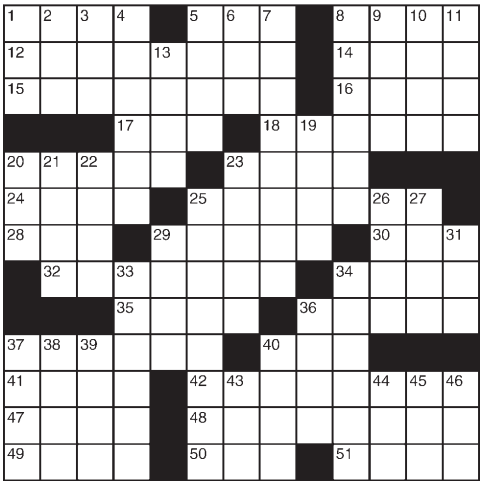
The Weather Network
©The Weather Network 2009

Today Partly cloudy 12° / 7°
Tuesday Variable 14° / 7°
Wednesday 40% Showers 12° / 9°

TAKE THE WEATHER WITH YOU
visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Brownish songbird
5 Tiny
8 Large (Pref.)
12 Godparents, e.g.
14 "Once — a time"
15 Barack Obama, e.g.
16 Exploit
17 Stocking stuffer?
18 Soft and weak
20 Actor Benjamin
23 Sandwich shop
24 Depend (on)
25 Insists on
28 Yoko of music
29 Break a Commandment
30 Discoverer's cry
32 One bordering on divine
34 Witticism
35 Soon, in verse
36 Rotates
37 Sound system
40 Kin of 30-Across
41 Cabbie
42 Raze
47 Liniment target
48 Eternally
49 Disposition
50 Operated
51 Break suddenly

DOWN

1 1960s hallucinogen
2 Gorilla
3 Computer acronym
4 Seemingly unsolvable
5 Had on
6 Historic time
7 Regarded
8 Drury Lane purchase
9 Duel tool
10 Capricorn
11 Initial stake
13 Edinburgh resident
19 Level
20 Sis' sib
21 Tear to bits
22 Lotion additive
23 English cattle breed
25 Humanitarian
26 Gloomy
27 Tibia's place
29 Movie
31 Chances, for short
33 Made an impression on
34 Compunctions
36 Explorer Heyerdahl
37 Counterfeit
38 Mexican entree
39 Reverberate
40 "So be it"
43 A Gabor sister
44 Charged bit
45 Spanish Mrs.
46 With it, once

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6		7				1		5
	1		9		8		3	
8								9
		9	6		3	2		
	5						4	
		1	7		2	6		
9								4
	3		4		1		2	
1		4				8		3

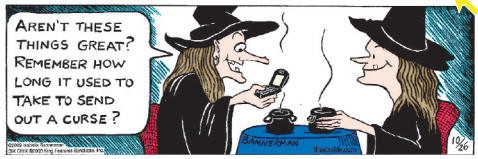
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	R	C		A	L	E	E		C	I	T	E
B	A	H		F	I	L	E		A	D	A	R
S	H	O	P	T	A	L	K		J	E	T	S
		P	I	E	R			R	O	A	S	T
T	A	S	E	R		B	A	A	L			
O	N	U	S		G	A	S	P	E	D	A	L
O	N	E		P	O	S	I	T		R	B	I
K	E	Y	C	H	A	I	N		P	O	E	T
			H	I	T	S		D	E	P	T	H
F	E	R	A	L				P	E	A	K	
O	V	A	L		S	T	O	P	S	I	G	N
G	E	N	E		A	R	L	O		C	E	O
S	N	I	T		M	A	L	T		K	E	N

3	9	5	2	6	8	1	4	7
4	2	7	5	3	1	6	9	8
8	6	1	9	7	4	2	5	3
2	4	6	1	8	7	9	3	5
5	3	9	6	4	2	8	7	1
7	1	8	3	5	9	4	6	2
6	8	4	7	2	5	3	1	9
1	5	2	4	9	3	7	8	6
9	7	3	8	1	6	5	2	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Greek Pitas

INGREDIENTS:

1 cup (250 ml) plain yogurt
1 cup (250 ml) diced peeled cucumber
1 tsp (5 ml) dill weed
1/4 tsp (1 ml) seasoned salt
1/4 cup (50 ml) olive oil
1/4 cup (50 ml) lemon juice
2 tbsp (25 ml) Dijon mustard
2 garlic cloves, minced
1 1/2 tsp (7 ml) dried oregano
1 tsp (5 ml) dried thyme
1 1/4 lbs (625 g) lean boneless pork, thinly sliced
6 pita breads, halved and warmed
1 medium tomato, chopped
2 tbsp (25 ml) chopped onion

METHOD:

1. In small bowl, combine yogourt, cucumber, dill and seasoned salt; cover and refrigerate.
2. In large resealable plastic bag, combine oil, lemon juice, mustard, garlic, oregano and thyme; add pork. Seal bag and turn to coat; refrigerate 1 to 6 hours or overnight, turning occasionally.
3. Drain and discard marinade. In skillet, stir-fry pork about 4 minutes or until no longer pink. Stuff into pita halves; top with cucumber sauce, tomato and onion.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You need to break out of your self-imposed exile and get back in the mainstream of life. Aries needs excitement, so do something that thrills you.

TAURUS ♉
APRIL 21-MAY 21
You will speak your mind today without fear of the consequences, and if others don't like it that's just too bad.

GEMINI ♊
MAY 22-JUNE 21
This may not be an easy time for you but this week's major planetary changes indicate you will rise to the challenges — and there will be plenty.

CANCER ♋
JUNE 22-JULY 22
You will be at your best over the next few days. Cosmic activity in the most dynamic area of your chart makes all things possible.

LEO ♌
JULY 23-AUG 23
Try not to commit yourself to anything that cannot be changed at a moment's notice. The cosmic climate is unsettled to say the least.

VIRGO ♍
AUG 24-SEPT 22
No one would deny that you have encountered some serious issues in recent weeks and have made a pretty good effort at sorting them out.

LIBRA ♎
SEPT 23-OCT 23
With Mars, planet of action, now transiting one of the more dynamic areas of your chart, you are sure to make a good impression.

SCORPIO ♏
OCT 24-NOV 22
With the Sun your sign and articulate Mercury joining it there on Wednesday you know precisely what to say and do to get the response you are after.

SAGITTARIUS ♐
NOV 23-DEC 21
Doors that have been closed to you in the past are now opening wide, but you seem reluctant to take what is being offered.

CAPRICORN ♑
DEC 22-JAN 20
The most important thing this week is that you stay calm and don't get carried away with your own success.

AQUARIUS ♒
JAN 21-FEB 18
Force yourself to enjoy what you have to do today and before you know it, everyone will be patting you on the back.

PISCES ♓
FEB 19-MARCH 20
With the Sun now moving in your favor you're free to dream and encouraged to believe your dream will come true. Why shouldn't it?

FLIGHT CENTRE Unbeatable
Las Vegas
Air + 3 Nights
$245
Circus Circus + taxes & fees $241
INCLUDES accom on the strip. Departs Dec 4/swg/wg.
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex: Toronto. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

DISABILITY CLAIMS?
Have you been denied or cut off from your long or short-term disability insurance benefits? We can help you.
FREE INITIAL CONSULTATION
NO PAYMENT UNTIL CLAIM IS SETTLED
416-363-1867
ROCHON GENOVA LLP
BARRISTERS - AVOCATS
www.rochongenova.com

MONEY PROBLEMS?™

MAKE ONE SMALL MONTHLY PAYMENT

FOR ALL YOUR DEBTS!

We Can .....

- √ Stop Interest Right Away!
- √ Re-Establish Your Credit!
- √ Reduce Your Debts!

No More .....

- X Collection Calls?
- X Court Orders Against You?
- X Wages Garnishment?
- X Afraid of Losing Assets?
- X And No More Financial Difficulties?

NO NEED FOR **BANKRUPTCY**

Before you see a trustee in BANKRUPTCY
Talk to us First
Trustee represents your creditors
But we work for you !!

We Speak Your Language ....

Spanish	416-650-5200
Chinese	416-650-0044
Russian	416-650-0400
Tamil	416-650-5400
Persian	416-650-5800
Arabic	905-275-3600
Polish	905-275-6200
Portuguese	416-650-1800
Italian	416-650-1400
Ukrainian	416-650-0400
Vietnamese	416-650-0900
Hindi /Urdu	905-796-0044
Dari	416-650-5800
Punjabi	905-796-0044
Greek	905-275-1600

gta credit™

GTA Credit Solutions Services Ltd.

www.gta-credit.com

North York
1280 Finch Ave. W.
Suite 411, M3J 3K6
416-650-1100

Scarborough
4433 Sheppard Ave E.
Suite 201, M1S 1V3
416-754-0011

Mississauga
93 Dundas St. E.
Suite 114, L5A 1W7
905-275-4200

Brampton
284 Queen St. E.
Suite 215 L6V 1C2
905-796-3100

Ajax
30 Hunt Street
Suite 203, L1S 3M2
905-426-8400

The Princess Margaret

WELCOME HOME SWEEPSTAKES®

For Cancer Research

JUST 10 DAYS TO EARLY BIRD!

BUY EARLY & WIN!

2010 Ferrari California

Valued at $318,819††

Supplied by Ferrari of Ontario

EARLY BIRD TICKET SALES DEADLINE: MIDNIGHT November 5

Early Bird Draw: November 18, 2009

26,700 PRIZES WORTH OVER $9.4 MILLION

MasterCard VISA ORDER YOUR TICKETS NOW! $100 OR 3-PACK FOR $250 AMERICAN EXPRESS

1-866-631-1234

NEW! ORDER TICKETS ONLINE! HelpConquerCancer.ca

® Used by Amex Bank of Canada under license from American Express. For a complete list of rules, prizes and draw dates, visit us online at HelpConquerCancer.ca. ††Approximate retail value as of the date contracts were negotiated with suppliers. Due to housing market fluctuations, the market value of the real estate prizes may rise or diminish over time. Winner or charity is not entitled to the difference, if any, between the stated and actual market value at the time the prize is awarded. Prices include taxes and freight, where applicable. Only 267,000 tickets will be sold. Lottery Licence #1925